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Don't do it: pricey running shoes not worth it, study finds

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RUNNERS who buy expensive sneakers could be wasting their money.

Researchers at the University of Newcastle have found there is no scientific evidence to support claims that specially designed joggers help prevent injuries.

The findings have been published in the latest edition of

the *British Journal Of Sports Medicine*.

Craig Richards, a GP who is a runner himself, said he was inspired to conduct research after sustaining a series of injuries in his own expensive set of joggers.

"I would have been only running 50 to 60 kilometres a week which is not a large mileage," he said. "I recovered from one and got another one."

Dr Richards and his team found there was no published research that showed running shoes that controlled how much the foot rolled in and had elevated cushioned heels helped prevent injuries.

He said there was some evidence they may actually contribute to problems.

"The shoes are specially-designed to make you land on

your heel and that's very artificial," he said. "That may impair balance and makes you prone to ankle strains, so the acute injuries are relevant as well."

He said the research would have implications not only for runners but also health professionals, manufacturers and retailers.

"A lot of the features which were developed for distance

running shoes have been incorporated into other sports shoes so it raises questions over a lot of other shoe types," he said.

"If you're not having problems stick with the shoes you're wearing, that's obviously working. But otherwise you may need to think about a different shoe."

Dr Richards said the next step was to conduct research into athletics shoes.