

Nov 5: New York Marathon

Adidas and Nike running the show

World Athletics maintain seismic shifts in “super shoe” technology correlate with specifications updated only last year, as rivals Adidas and Nike battle to create the ultimate running accessory

SUPER SHOE ANATOMY

Adizero Adios Pro Evo 1s

Available to public

Stack height

Foam heel limited to 40mm. Potential to increase stride length, contributing to faster running pace

Carbon-fibre plate

Reduces flex and energy loss – promotes optimum rocking motion, triggering forward momentum

Nike Alphafly 3s

Ratified for developmental use – available to public January 2024

Responsive midsole foam

Material called **Pebax** makes shoe lighter and provides greater energy return

Outsole

Made as light as possible. Research suggests saving 100 grams of weight can equate to 1% energy return

Kelvin Kiptum (KEN)

Broke World Record in Chicago – wearing prototype of Nike's Alphafly 3s – while former women's World Record holder **Brigid Kosgei** (KEN, inset) is set to race in New York