

IF THE SHOES FIT ...

Come the new season, you may consider a new racket, but it is your feet that will get you to the ball. Treat them well, house them comfortably in squash-specific shoes and they will perform at their best.

Check out your old shoes now. How are they wearing and will they get you through the season? Is there any damage? How is the grip, support and cushioning? If you were to consider a new pair, what would you look out for?

David Goyette, a podiatrist at top London gym Third Space, says: "In the afternoon or just after you've been playing squash is the best time to get fitted."

One place to buy your shoes is Wigmore Sports, which has a quarter-size squash court at the back of the shop, so that clients can try out both rackets and shoes in a playing situation.

"You can run around and try out the different movements you make in a match," says the manager.

The key is to get the right-sized shoe. Take along any orthotics or insoles that you wear, as well as the socks you would normally

play in. After all, the difference between a thick sock and a thin one can be up to half a shoe size.

Then there is the question of price. Cheaper shoes may not have as good lateral stability – meaning there is less support when you are changing direction.

If your old model is not available, there should be a new one similar to it, but try as many models in the shop as you can and move around in them. Also, ask the advice of your fellow players.

FIVE TOP TIPS FOR BUYING SHOES:

- Try on shoes in the late afternoon, when your feet are at their biggest.
- Bring along your squash socks and any orthotics you normally use.
- There should be half a thumb's width between the end of your longest toe and the tip of a shoe.



- Emulate on-court movements while you're trying shoes.
- Wear the shoes around the house before you use them on court.