Buying Your First Spikes

Athletes are first allowed to wear spikes in U11's

Junior spikes (heel recommended)

Adult spikes (no heel)

Spikes Selection

- ensure a good comfortable fit
- allow approx. 1 cm space in front of toes
- get a width & shape that suits your foot
- meets your budget
- shop later in the day (your feet swell & are larger)
- measure your feet when standing
- try on with the socks you will wear
- try on both feet

Children's spikes should have a heel. These types of spikes are known as middle distance spikes. Pure sprint spikes (with no heel) are ok for adults but not recommended for growing children who need more shock absorption and a built-in heel to avoid the occurrence of sore heels & knees.

These spikes are very versatile and can be used for several events - sprints, hurdles, jumps & middle distance. They usually last for one season.

The shoe should bend at the base of the toes, where the toes naturally bend, not further back towards the middle of the foot.

The brand, model and colour are less important than a good fit. Don't buy shoes that are too large in the expectation that the feet will grow into them. Shoes should fit well immediately and shouldn't need a break in period.

Only wear spikes when required for training and competition on the proper surface. They aren't designed to be worn while walking around as you will rapidly blunt the spikes, damage floor surfaces and it's bad for posture.

KNOX LITTLE ATHLETICS CENTRE

Sep 2016