

# SIZE GUIDE



## WOMEN'S FOOTWEAR

UK	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10
EU	36	36 2/3	37 1/3	38	38 2/3	39 1/3	40	40 2/3	41 1/3	42	42 2/3	43 1/3	44	44 2/3
US	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5
CM	22.1	22.5	22.9	23.3	23.8	24.2	24.6	25	25.5	25.9	26.3	26.7	27.1	27.6
INCH	8.7	8.9	9	9.2	9.4	9.5	9.7	9.8	10	10.2	10.4	10.5	10.7	10.9
UK	10.5	11	11.5	12	12.5	13	13.5	14						
EU	45 1/3	46	46 2/3	47 1/3	48	48 2/3	49 1/3	50						
US	12	12.5	13	13.5	14	14.5	15	15.5						
CM	28	28.4	28.8	29.3	29.7	30.1	30.5	31						
INCH	11	11.2	11.3	11.5	11.7	11.9	12	12.2						

## MEN'S FOOTWEAR

UK	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10
EU	36	36 2/3	37 1/3	38	38 2/3	39 1/3	40	40 2/3	41 1/3	42	42 2/3	43 1/3	44	44 2/3
US	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5
CM	22.1	22.5	22.9	23.3	23.8	24.2	24.6	25	25.5	25.9	26.3	26.7	27.1	27.6
INCH	8.7	8.9	9	9.2	9.4	9.5	9.7	9.8	10	10.2	10.4	10.5	10.7	10.9
UK	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15	16	17	18	19
EU	45 1/3	46	46 2/3	47 1/3	48	48 2/3	49 1/3	50	50 2/3	51 1/3	52 2/3	53 1/3	54 2/3	55 2/3
US	11	11.5	12	12.5	13	13.5	14	14.5	15	16	17	18	19	20
CM	28	28.4	28.8	29.3	29.7	30.1	30.5	31	31.4	31.8	32.6	33.5	34.3	35.2
INCH	11	11.2	11.3	11.5	11.7	11.9	12	12.2	12.4	12.7	13	13.3	13.7	14

## BABIES & TODDLER'S FOOTWEAR

UK	OK	1K	2K	3K	4K	5K	5.5K	6K	6.5K	7K	7.5K	8K	8.5K	9K	9.5K
US	5K	2K	3K	4K	5K	5.5K	6K	6.5K	7K	7.5K	8K	8.5K	9K	9.5K	10K
EU	16	17	18	19	20	21	22	23	23.5	24	25	25.5	26	26.5	27
CM	8.1	9	9.8	10.6	11.5	12.3	12.8	13.2	13.6	14	14.5	14.9	15.3	15.7	16.1
INCH	3.2	3.5	3.9	4.2	4.5	4.8	5	5.2	5.4	5.5	5.7	5.9	6	6.2	6.3

## KID'S FOOTWEAR

UK	10K	10.5K	11K	11.5K	12K	12.5K	13K	13.5K	1	1.5	2	2.5			
US	10.5K	11K	11.5K	12K	12.5K	13K	13.5K	14K	1	1.5	2	2.5	3		
EU	28	28.5	29	30	30.5	31	31.5	32	33	33.5	34	35			
CM	16.6	17	17.4	17.8	18.3	18.7	19.1	19.5	20	20.4	20.8	21.2			
INCH	6.5	6.7	6.9	7	7.2	7.4	7.5	7.7	7.9	8	8.2	8.3			

\*Please note this is a generic guide due to individual preferences.

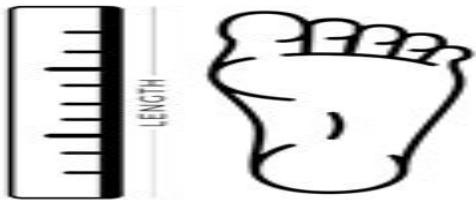
## INSTRUCTIONS

- 1 Place your heel against a wall.
- 2 Place a ruler or measuring tape on the floor, aligned with your heel.
- 3 Measure the length of your foot from the heel to the longest toe.
- 4 Match your foot length to the corresponding size in the charts below/above.
- 5 To get your final shoe size add 1cm onto your foot measurement

## PRO TIPS:

Measure your feet in the evening when they're at their largest, as this ensures a more accurate measurement.

If one foot is slightly larger than the other, choose the size that fits the larger foot for better comfort.



# Adidas Guide Tutorial

**Alex Milton,Paul Rodgers**

## Adidas Guide Tutorial:

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Dominate the Metaverse and Win in Virtual Worlds: How Businesses Can Win in the Virtual Economy Silas Mary,2025-02-08 The future of business isn t just digital it s virtual Dominate the Metaverse and Win in Virtual Worlds is your ultimate guide to conquering the next frontier of business

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**The Complete Guide to the Puppy** Sarah Whitehead,2000 An adult dog will largely be a reflection of the care and attention it received as a puppy from its owner This illustrated guide to puppies is packed full of vital information about man s best friend Key sections on choosing training and caring for puppies will ensure that all your canine interactions are growl free and fun Particular attention is paid to understanding and overcoming common as well as particular behavior problems and how to overcome them Inside book flap

**Sustainable Marketing and the SDG Framework** Prof. Vipin Jain, Prof. Manoj Agarwal,Dr. Kamal Kishor Pandey, Dr. Charul Verma,2025-10-13 The book Sustainable Marketing and the SDG Framework A Global Perspective appears to be a conceptual or thematic title rather than an exact published work However several authoritative texts closely reflect this theme Notably The Elgar Companion to Marketing and the Sustainable Development Goals offers a comprehensive global perspective on how marketing strategies can align with the United Nations Sustainable Development Goals SDGs covering areas such as consumer behavior innovation and inclusive marketing Similarly titles like Sustainable Marketing Strategic

Marketing for People Planet and Profit and Sustainable Marketing by Mark Peterson explore how marketing can balance profitability with environmental and social responsibility These works collectively emphasize that sustainable marketing is not just a trend but a strategic necessity encouraging businesses to embed SDG principles into core marketing practices for long term global impact

**Sinbad's Guide to Life** Sinbad,David Ritz,1997 My friend Oprah Winfrey on her TV show has called me the funniest man on the planet That was kind of embarrassing but if Oprah wants to think I m funny who am I to argue My mother says I m brilliant Well I am her son so she might not be objective but since she knows me better than anyone it must be true Don t ask me All I can say for sure is that I m a 6 5 black comedian with red hair and a high butt who has walked a mile in every man s shoes What I mean is I ve lived large and fallen hard lost every job I ve ever had messed up everybody I ve ever dated been kicked out of every institution I ve ever been in including marriage and I ve survived That s how I know everything Why you could steal five or six books and not find as much help as I will give you Don t act like you don t need my help I know your life is jacked up hanging around the bookstore all by yourself It s sad You re probably one of those lookey loos too browsing the book for free should I buy it should I not Hasn t indecision ruled your life long enough Take a stand and buy it But do me a favor Until I ve had the chance to get your life in order please pay cash I d hate to have to call the repo man on you

**The Unofficial Guide to Cruises** Kay Showker,Bob Sehlinger,2004-01-02 The Unofficial Guides are the Consumer Reports of travel guides offering candid evaluations of all the vital elements of your vacation all rated and ranked by a team of unbiased inspectors so even the most compulsive planners can be sure they re spending their time and money wisely Each guide addresses the needs of everyone from families to business travelers with handy charts that demonstrate how each place stacks up against the competition Plus all the details are pulled out so they re extremely easy to scan The Unofficial Guide to Cruises looks beyond the glossy cruise line brochures to rate and rank each cruise line and ship so you can find the one that s right for you We give the inside scoop on cabins itineraries service dining entertainment facilities and shore excursions and show you how to get the very best deal when you re ready to book your trip Includes complete coverage of worldwide cruises from the Caribbean and Alaska to Europe and Asia The Top 5 Ways The Unofficial Guide to Cruises Can Help You Have the Perfect Cruise More than 120 cruise lines and 350 ships reviewed and ranked for value and quality plus tips on how to identify the ship that s right for you Industry secrets for getting the lowest possible fare plus extras like free vacation days The inside story on who your fellow passengers will be Proven strategies for making hassle free air connections Tips on making the most of your time and money once you re on board

**Your Official Grown-up's Guide to AOL? and the Internet** Sandy Berger,2000-03-10 Your Official Grown up s Guide to AOL and the Internet Includes AOL 5 0 CD with 250 Hours Free for a Month Your Ticket to a Fun and Rewarding Online Experience America Online makes it easy to get online But what do you do once you re there This easy to use guide written specifically for baby boomers and beyond shows you step by step how to use the Internet to enhance your daily life It shows you how to find the

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*The Unofficial Guide to Cruises 2003* Kay Showker, Bob Sehlinger, 2002-09-20. The Unofficial Guides are the Consumer Reports of travel guides offering candid evaluations of all the vital elements of your vacation all rated and ranked by a team of unbiased inspectors so even the most compulsive planners can be sure they're spending their time and money wisely. Each guide addresses the needs of everyone from families to business travelers with handy charts that demonstrate how each place stacks up against the competition. Plus all the details are pulled out so they're extremely easy to scan. The Unofficial Guide to Cruises looks beyond the glossy cruise line brochures to rate and rank each cruise line and ship so you can find the one that's right for you. We give the inside scoop on cabins, itineraries, service, dining, entertainment facilities and shore excursions and show you how to get the very best deal when you're ready to book your trip. Includes complete coverage of worldwide cruises from the Caribbean and Alaska to Europe and Asia. The Unofficial Guide to Cruises 2003 also includes More than 120 cruise lines and 350 ships reviewed and ranked for value and quality plus tips on how to identify the ship that's right for you. Industry secrets for getting the lowest possible fare plus extras like free vacation days. The inside story on who your fellow passengers will be. Proven strategies for making hassle free air connections. Tips on making the most of your time and money once you're on board.

**TV Guide**, 1986 *The Opposite of Cheating* Tricia Bertram Gallant, David A.

Rettinger, 2025-03-11. In these days of an ever expanding internet generative AI and term paper mills students may find it too easy and tempting to cheat and teachers may think they can't keep up. What's needed and what Tricia Bertram Gallant and David A. Rettinger offer in this timely book is a new approach one that works with the realities of the twenty first century not just to protect academic integrity but also to maximize opportunities for students to learn. The Opposite of Cheating presents a positive forward looking research backed vision for what classroom integrity can look like in the GenAI era both in cyberspace and on campus. Accordingly the book outlines workable measures teachers can use to better understand why students cheat and to prevent cheating while aiming to enhance learning and integrity. Bertram Gallant and Rettinger provide practical suggestions to help faculty revise the conversation around integrity, refocus classes and students on learning, reconsider the structure and goals of assessment and generally reframe our response to cheating. At the core of this strategy is a call for teachers, academic staff, institutional leaders and administrators to rethink how we show up for students and to

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Rugby World Cup Guide, 2007 Chris Hawkes,2007 With 48 matches over 44 days in 10 French cities plus Edinburgh and Cardiff the Rugby World Cup is the third largest sports event in the world behind the Olympic Games and the FIFA World Cup

*Research Methods for Product Design* Alex Milton,Paul Rodgers,2023-05-04 This book provides the reader with a comprehensive relevant and visually rich insight into the world of research methods specifically aimed at product designers It includes practical case studies and tutorials that will inform inspire and help you to conduct product design research better Product designers need a comprehensive understanding of research methods as their day to day work routinely involves them observing people asking questions searching for information making and testing ideas and ultimately generating solutions to problems Manifest in the design process is the act of research Huge technological advances in information computing and manufacturing processes also offer enormous opportunities to product designers such as the development of intelligent products and services but at the same time raise important research questions that need to be dealt with Product designers are in many ways best placed to address these challenges because of the manner in which they apply their design thinking to problems This book demonstrates in a clear highly visual and structured fashion how research methods can support product designers and help them address the very real issues the world currently faces in the 21st century

**Marketing Management** Philip Kotler,Mairead Brady,2009 Inspired by the American ed of same title

International Journal of Educational Reform ,1997 **Sharing** Thomas Zanzig,1988 **World Tennis** ,1986-12  
*Runner's World* ,1979

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