

Measurements and Sizing - Shoes

Start-rite Shoes

Foot Length (mm)	UK Size	EU
94-103	2	
104-107	2.5	18
108-111	3	19
112-116	3.5	
117-120	4	20
121-124	4.5	21
125-128	5	
129-133	5.5	22
134-137	6	23
138-141	6.5	
142-145	7	24
146-150	7.5	25
151-154	8	
155-158	8.5	26
159-162	9	27
163-166	9.5	
167-170	10	28
171-175	10.5	
176-179	11	29
180-183	11.5	30
184-187	12	
188-192	12.5	31
193-196	13	32
197-200	13.5	
201-204	1	33
208-209	1.5	
210-213	2	34
214-217	2.5	35
218-221	3	
222-225	3.5	36
226-230	4	37
231-234	4.5	
235-238	5	38
239-242	5.5	39
243-247	6	

New Balance

Foot Length (mm)	UK Size	EU	US
	1	16.5	
95	1.5	17	2
	2	18	
105	2.5	18.5	3
	3	19	3.5
115	3.5	20	4
	4	20.5	4.5
125	4.5	21	5
	5	21.5	5.5
135	5.5	22.5	6
	6	23	6.5
145	6.5	23.5	7
	7	24	7.5
	7.5	25	8
150	8	25.5	8.5
	8.5	26	9
160	9	26.5	9.5
	9.5	27.5	10
	10	28	10.5
170	10.5	28.5	11
	11	29	11.5
180	11.5	30	12
	12	30.5	12.5
190	12.5	31	13
	13	32	13.5
	13.5	32.5	1
200	1	33	1.5
	1.5	33.5	2
210	2	34.5	2.5
	2.5	35	3
215	3	35.5	3.5
220	3.5	36	4
225	4	37	4.5
230	4.5	37.5	5
235	5	38	5.5
240	5.5	38.5	6
245	6	39	6.5

Ascent

Foot Length (mm)	UK Size	EU	US M	US W
165	9	26.5	10	
170	9.5	27	10.5	
175	10	28	11	
180	10.5	28.5	11.5	
185	11	29.5	12	
187	11.5	30	12.5	
190	12	30.5	13	
195	12.5	31	13.5	
200	13	32	1	
205	13.5	32.7	1.5	
210	1	33.2	2	
215	1.5	33.7	2.5	
220	2	34.5	3	4
225	2.5	35	3.5	4.5
228	3	35.7	4	5
233	3.5	36.3	4.5	5.5
236	4	37	5	6
240	4.5	37.5	5.5	6.5
245	5	38	6	7
250	5.5	38.5	6.5	7.5
255	6	39	7	8
260	6.5	39.5	7.5	8.5
265	7	40	8	9
270	7.5	41.5	8.5	9.5
275	8	42	9	10

Please note New Balance suggest going up half a size as their shoes come up tight.