

Hands up who already owns a pair of trainers? Most of us do, but chances are you're more likely to wear them to walk the dog than paired with your favourite dress. However, trainers are having a bit of a 'fashion moment' - Emma Thompson even donned hers to collect her Damehood from Prince William and while you wouldn't catch us meeting the Royals in our trainers, we like the comfort they give! Not convinced? Read on for our tips on wearing trainers to 'just about' every occasion...

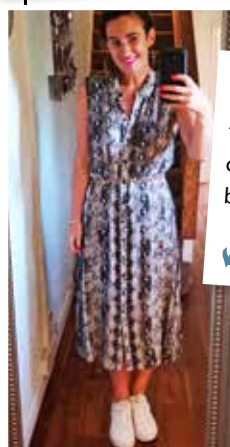
The stylist says

Trainers are hugely versatile, stylish and an easy way to bring your outfit up to date. "I love how they can be worn with anything and are no longer just for casual wear," says stylist Susie Hasler (www.styledbysusie.co.uk). "I wear mine with midi dresses, jumpsuits and even a tailored suit - they're one of the hardest working items I have in my wardrobe! They're also particularly great for women who prefer (or have to wear) flat shoes, but feel frumpy in more formal styles."

There are some rules though, as Susie explains: "It's so important to remember these are not trainers to exercise in. Stick to styles that are white or smart metallic shades in the warmer months, while black is more practical in winter. By choosing these shades you'll find they go with more outfits, too."



Susie says
"This is my go-to outfit for those days when I need to look smart, but will be on my feet a lot."



Susie says
"Heels would make this combination formal, but trainers dress it down and up the fun factor."

Well trained

Smart and comfortable rarely go hand in hand, but this wardrobe staple ticks all the boxes, says Fashion Editor Michelle Nightingale

A pair of white trainers is an easy way to dress down a smart skirt and get more wear from it too.

Top **£16**
skirt **£36**, both 8-26, Cotton Traders

Trainers and bag model's own

Perfect pairings

If you're new to the trainer trend, then the idea of wearing a heavy trainer with a dress might feel odd initially, but they can be more flattering than you might think. "Chunky, thicker-soled styles are great for making the legs and ankles look slimmer and to balance out a big tummy," advises Susie. "I like the Puma Cali, the Adidas Superstar and the Adidas Stan Smith, which all have a timeless appeal." Lots of high-street brands also have their own cheaper versions, too.

"For slender legs choose thinner soles like those on classic Converse or Superga trainers." Sportier styles are available too and are just as stylish, plus can give a little extra support. Stick to neutral shades so they don't look like gym shoes.

Susie's style picks

£32
10-20, Roman

DENIM JUMPSUIT

£38
6-22, Next

FASHION EDITOR LOVES

LEOPARD PRINT TRAINERS
£14
3-8, Matalan

STAR LACE-UP TRAINERS
£32
3-9, Next

£22
6-22, Next

GOLD GRAVITY TRAINERS
£75
3-9, Hotter

HALF SIZES AVAILABLE

Keep them white!

White trainers rarely stay their dazzling shade, but this clever trick is great for tacking grubby canvas or leather-look shoes. Start by wiping them over with a damp cloth then apply a white toothpaste to an old toothbrush and massage into the fabric. Leave for ten minutes, then wipe away any paste with a clean, damp cloth or sponge. **Always do a patch test first**



Star style INSPIRATION



Trained to perfection: From left, Emma Thompson wore Adidas Stan Smith-style trainers to collect her Damehood; Joanna Lumley goes for Converse-style kicks and the Duchess of Cambridge sticks to her faithful Superga trainers

Stockists: Cotton Traders 0844 844 1111 www.cottontraders.com; Hotter 01695 213 213 www.hotter.com; M&S 0333 014 8000 www.marksandspencer.com; Matalan 0333 004 4444 www.matalan.co.uk; Next 0333 777 8000 www.next.co.uk; Roman 0121 636 0701 www.romanoriginals.co.uk Unfortunately, we cannot guarantee availability and prices of items featured on this page