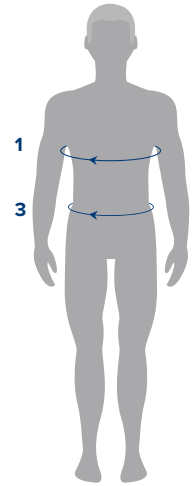


## Mens Size Guide

The below size chart is a 'To Fit' guideline for the following

Technical T-shirt, Running Vest, Cycle Jersey and Rugby Jersey, Bibshorts, Cycle Shorts, Running Tights, Running Shorts, Long Length Shorts, Rugby Shorts, Boardshorts, Stadium pants

SIZE	Chest (cm)	Inches	Waist (cm)	Inches
XS	86	34	71-76	28-30
S	94	37	76-81	30-32
M	102	40	81-86	32-34
L	110	43	86-91	34-36
XL	115	45	91-96	36-38
2XL	120	47	96-101	38-40
3XL	125	49	101-106	40-42
4XL	130	51	106-111	42-44

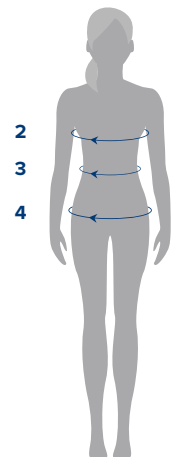


## Womens Size Guide

The below size chart is a 'To Fit' guideline for the following

Technical T-shirt, Running Vest, Cycle Jersey and Rugby Jersey, Rugby Shorts, Running Tights, V-racer back vest

SIZE/UK	Bust (cm)	Waist (cm)	Inches	Hip (cm)	Inches
XXS/6	87	64-69	25-27	82-86	32¼-33¾
XS/8	91	69-74	27-29	86-90	33¾-35½
S/10	95	74-79	29-31	90-94	35½-37
M/12	99	79-84	31-33	94-98	37-38½
L/14	103	84-89	33-35	98-102	38½-40
XL/16	107	89-94	35-37	102-106	40-41¾
2XL/18	111	94-99	37-39	106-110	41¾-43¼
3XL/20	115	99-104	39-41	110-114	43¼-44¾



## Measurement Tips:

- 1. CHEST:** Measure around the largest part of your chest. Be sure not to pull the measuring tape too taut.
- 2. BUST:** Measure around the fullest part of the bust, across your shoulders blades.
- 3. WAIST:** Measure around your natural waistline and ensure the measuring tape is taut.
- 4. HIP:** Stand with your feet together and measure around the widest part of your hips. Ensure measuring tape is taut.

Please note the above measurements are body measurements (excluding Youth sizes). The fit of our garments depends on the cut, fabric and the style of the garment therefore the above size charts are just a guide and all measurements are approximate.