



Men's Jerseys (long and short sleeve)

	XS	S	M	L	XL	XXL	XXXL
Chest (inches)	38	40	42	44	46	48	51

Men's Tops (jackets, gilets, running singlets)

	XS	S	M	L	XL	XXL	XXXL
Chest (inches)	36	38	40	42	44	46	48

Men's Bottoms and Tri-Suits

	XS	S	M	L	XL	XXL	XXXL
Waist (inches)	28	30	32	34	36	38	40

Women's Tops

	XS	S	M	L	XL	XXL
Chest (inches)	30	32	34	36-38	40	42

Women's Bottoms and Tri-Suits

	XS	S	M	L	XL	XXL
Waist (inches)	25	26	27-28	29-30	33	35

N.B The sizing on technical clothing sometimes comes up on the small side,
so please err on the side of caution and order one size up if you are between sizes.

Jackets and vests are typically worn over another item,
we suggest ordering a size up for these garments if you are between sizes.