



THE LONG RUN CLUB

SIZE CHART

ATHLETICS CYCLING TRIATHLON



ATHLETICS, CYCLING AND TRIATHLON SIZING

Our sizing is taken from three main measurements.

Chest should be measured just below the armpits, with arms relaxed by your side (we recommend asking someone to help with this!).

Waist should be measured at the thinnest part of your torso (normally between your belly button and rib cage)

Hips should be measured at the largest part of your bottom.

MENS INCHES

	Chest	Waist	Hip
XXS	29.9 - 32.3	24 - 26.4	29.9 - 32.3
XS	32.7 - 35	26.8 - 29.1	32.7 - 35
S	35.4 - 37.8	29.5 - 31.9	35.4 - 37.8
M	37.8 - 40.2	32.3 - 34.6	37.8 - 40.2
L	40.6 - 42.9	35 - 37.4	40.6 - 43.3
XL	43.3 - 45.7	37.8 - 40.2	43.3 - 45.7
XXL	46.1 - 48.4	40.6 - 42.9	46.1 - 48.4

MENS CM

	Chest	Waist	Hip
XXS	76-82	61-67	76-82
XS	83-89	68-74	83-89
S	90-96	75-81	90-96
M	96-102	82-88	96-102
L	103-109	89-95	103-110
XL	110-116	96-102	110-116
XXL	117-123	103-109	117-123

WOMENS INCHES

	Chest	Waist	Hips
XXS (Size 6)	27.2 - 29.5	20.5 - 22.8	29.5 - 31.9
XS (Size 8)	29.9 - 32.3	23.2 - 25.6	32.3 - 34.6
S (Size 10)	32.7 - 35	26 - 28.3	35 - 37.4
M (Size 12)	35.4 - 37.8	28.7 - 31.1	37.8 - 40.2
L (Size 14)	38.2 - 40.6	31.5 - 33.9	40.6 - 42.9
XL (Size 16)	40.9 - 43.3	34.3 - 36.6	43.3 - 45.7
XXL (Size 18)	43.7 - 46.1	37 - 39.4	46.1 - 48.4

WOMENS CM

	Chest	Waist	Hips
XXS (Size 6)	69-75	52-58	75-81
XS (Size 8)	76-82	59-65	82-88
S (Size 10)	83-89	66-72	89-95
M (Size 12)	90-96	73-79	96-102
L (Size 14)	97-103	80-86	103-109
XL (Size 16)	104-110	87-93	110-116
XXL (Size 18)	111-117	94-100	117-123

BMX SIZING

Chest should be measured just below the armpits, with arms relaxed by your side (we recommend asking someone to help with this!).

Waist should be measured at the thinnest part of your torso (normally between your belly button and rib cage).

Hips should be measured at the largest part of your bottom. Overarm should be measured between your neck and wrist, with a straightened arm.

We would highly recommend if you wear padding, or body armour, to go the next size up.



BMX

ADULTS CM

	Chest	Waist	Hip	Overarm
XXS	87-90	79-82	83-86	78-79
XS	91-94	83-86	87-90	79-80
S	95-98	87-90	91-93	80-81
M	99-102	91-94	94-98	81-82
L	103-110	95-102	99-104	82-83
XL	111-116	103-108	105-112	83-84
XXL	117-124	109-116	113-116	84-85

JUNIOR CM

	3-4 YXXS	5-6 YXS	7-8 YS	9-10 YM	11-12 YL	13-14 YXL	15-16 YXXL
Chest	79-72	73-76	77-80	81-84	85-88	89-92	93-95
Waist	61-64	65-68	69-72	73-76	77-80	81-84	85-88
Hip	45-48	49-52	53-56	57-63	64-67	68-70	71-73

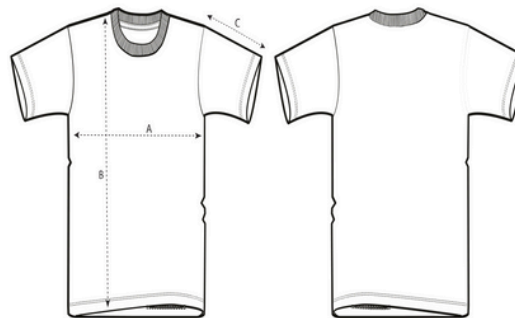
CREW KIT



CREW KIT CM



Sizes		XXS	XS	S	M	L	XL	XXL	3XL	4XL	5XL
A	Half Chest	51	53	55	59	62	65	69	73	78	83
B	Body Length	64	67	71	74	76	78	80	82	84	85
C	Sleeve Length	58.5	60.5	64.5	66.5	68.5	69	69.5	69.5	69.5	69.5



Sizes		XXS	XS	S	M	L	XL	XXL	3XL	4XL	5XL
A	Half Chest	45.5	47.5	49.5	53.5	56.5	59.5	63.5	67.5	72.5	77.5
B	Body Length	62	65	69	73	75	77	79	81	83	84
C	Sleeve Length	20	21	22.5	24	24.5	25	25.5	26	26	26



**THE
LONG RUN
CLUB**