



THE LRC

SIZE CHART

Athletics - Cycling - Triathlon



Athletics / Cycling / 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 (cm)

| | 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 |

Womens (cm)

| | 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 |

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 |



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