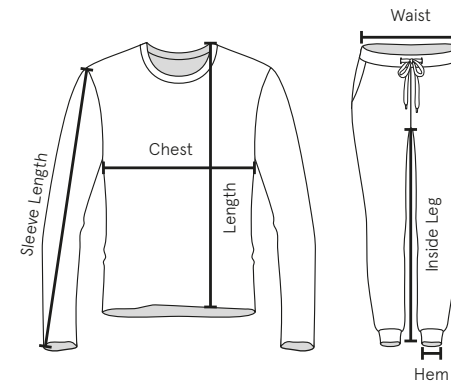


BODY MEASURING GUIDE

To find your perfect fit, first measure yourself close to your body. Check our measuring guide for your body size and pick the garment size closest to your body measurements. Some garments are made to fit more closely than others, so we have included all our garment measurement specifications on the following pages, to help you choose the right size and best fit for you.

It is advisable to use actual body measurements rather than measuring over clothes.

The fit of a garment may vary depending on the cut, style and fabric.



CHARTS SHOW GARMENT MEASUREMENTS, MEASURED FLAT, IN CENTIMETRES UNLESS OTHERWISE STATED.

CHEST	Measure flat 2.5cm below armhole.
FRONT LENGTH	Measure from HPS (High Point Shoulder – where the shoulder seam meets the neck of the garment) to the hem.
SLEEVE LENGTH	Measure overarm from shoulder seam to end of cuff.
WAIST	Measure flat across full width of waistband.
INSIDE LEG	Measure from crotch to hem.
HEM	Measure flat across width of hem

MEN'S GARMENTS

TOPS & OUTERWEAR EXCLUDING FR104/FR500/FR501	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
EUR – Chest – To Fit	42–44	44–46	46–48	48–50	52	54–56	58	60–62	62–64	64–66
Chest – To Fit – Inches	32–34	34–36	36–38	38–40	42	44–46	48	50–52	52–54	54–56
Chest – To Fit – CMs	81–86	86–91	91–96	96–101	107	112–117	122	127–132	132–137	137–142
EXCEPTIONS – FR104/FR500/FR501	XS	S	M	L	XL	2XL	3XL			
FR104 – EUR – Chest – To Fit	44–46	46–48	48–50	52	54–56	56–58	58–60			
FR104 – Chest – To Fit – Inches	34–36	36–38	38–40	42	44–46	46–48	48–50			
FR104 – Chest – To Fit – CMs	86–91	91–96	96–101	107	112–117	117–122	122–127			
FR500 & FR501 – EUR – Chest – To Fit		46–48	48–50	52	52–54	54–56				
FR500 & FR501 – Chest – To Fit – Inches		36–38	38–40	40–42	42–44	44–46				
FR500 & FR501 – Chest – To Fit – CMs		91–96	96–101	101–107	107–112	112–117				

TROUSERS & SHORTS	2XS	XS	S	M	L	XL	2XL			
UK – Waist – To Fit – Inches	28	30	32	34	36	38	40			
EUR – Waist – To Fit	38	40	42	44	46	48	50			
Waist – To Fit – CMs	71	76	81	86	91	96	101			
Regular Inside Leg Length – Inches	32	32	32	32	32	32	32			
Long Inside Leg Length – Inches	34	34	34	34	34	34	34			

LADIES' GARMENTS

TOPS & OUTERWEAR	XS	S	M	L	XL	2XL	3XL	4XL		
UK – To Fit	8	10	12	14	16	18	20	22		
EUR – To Fit	36	38	40	42	44	46	48	50		
Chest – To Fit – Inches	30–32	32–34	34–36	36–38	38–40	40–42	42–44	44–46		
Chest – To Fit – CMs	78–81	81–86	86–91	91–96	96–101	101–107	107–112	112–117		

TROUSERS & SHORTS	XS	S	M	L	XL	2XL				
UK – To Fit	8	10	12	14	16	18				
EUR – To Fit	36	38	40	42	44	46				
Waist – To Fit – Inches	26	28	30	32	34	36				
Waist – To Fit – CMs	66	71	76	81	86	91				
Inside Leg Length – Regular Inches	32	32	32	32	32	32				

KIDS' GARMENTS

TOPS – AGE	5/6	7/8	9/10	11/13
Height – CMs*	116	128	140	158
Chest – To Fit – Inches	24–26	26–28	28–30	30–32
Chest – To Fit – CMs	60–66	66–71	71–76	76–81

*Please note that height is a better indication of fit than age.

SPEC SUMMARY

TOPS & OUTERWEAR		XS	S	M	L	XL	2XL	3XL	4XL	5XL	TOL
FR001 Long Sleeved Original RUGBY SHIRT	Chest		47	51	56	61	63.5	68.5			+/-1.5
	Length		72.5	74.5	77	79.5	82	83			+/-2
	Sleeve Length		56	58.5	61	63.5	66	66			+/-1.5
FR002 Quartered RUGBY SHIRT	Chest		47	51	56	61	63.5				+/-1.5
	Length		72.5	74.5	77	79.5	82				+/-2
	Sleeve Length		56	58.5	61	63.5	66				+/-1.5
FR003 Short Sleeved Original RUGBY SHIRT	Chest		47	51	56	61	63.5				+/-1.5
	Length		72.5	74.5	77	79.5	82				+/-2
	Sleeve Length		29	29	29	30	31				+/-1.5
FR006 Panelled QUARTER ZIP	Chest	50	53	56	59	62	65				+/-2
	Length	68	70	72	74	76	78				+/-1.5
	Sleeve Length	59	60	61	62	63	64				+/-1.5
FR007 Panelled RUGBY SHIRT	Chest		47	51	56	61	63.5				+/-1.5
	Length		72.5	74.5	77	79.5	82				+/-2
	Sleeve Length		56	58.5	61	63.5	66				+/-1.5
FR008 Striped RUGBY SHIRT	Chest		47	51	56	61	63.5				+/-1.5
	Length		72.5	74.5	77	79.5	82				+/-2
	Sleeve Length		56	58.5	61	63.5	66				+/-1.5
FR040 Supersoft Quarter Zip SWEATSHIRT	Chest		52	56	60	64	68				+/-1.5
	Length		73	74	75	76	77				+/-2
	Sleeve Length		60	61	62	63	64				+/-2
FR043 Supersoft Long Sleeved RUGBY SHIRT	Chest		48	52	56	60	64				+/-1.5
	Length		73	75	77	79	81				+/-2
	Sleeve Length		65	66.5	68	70.5	73				+/-2
FR050 NEW Pullover Drill SHIRT	Chest	52	55	58	61	64	67	69			+/-1.5
	Length	72	73	74	75	76	77	78			+/-2
	Sleeve Length	59.5	60.5	61.5	62.5	63.5	64.5	65.5			+/-2
FR054 NEW Drill OVERSHIRT	Chest	52	55	58	61	64	67	70			+/-2
	Length	72	73	74	75	76	77	78			+/-2
	Sleeve Length	59.5	60.5	61.5	62.5	63.5	64.5	65.5			+/-2
FR100 Men's Long Sleeved Plain RUGBY SHIRT	Chest	44	47	51	55	59	63	67	71	75	+/-1.5
	Length	69.5	72.5	74.5	77	79.5	82	83	84	85	+/-2
	Sleeve Length	53.5	56	58.5	61	63.5	66	68.5	71	73.5	+/-1.5
FR101 Ladies' Long Sleeved Plain RUGBY SHIRT	Chest	43	44.5	47	49.5	52	54.5	56	58		+/-1.5
	Length	64.5	67	67	68	69	69	70	71		+/-2
	Sleeve Length	61.5	62	63	63.5	64	64	64.5	64.5		+/-2
FR104 Premium Superfit RUGBY SHIRT	Chest	47	50	54	57	60	63	66			+/-1.5
	Length	70	72	73.5	75	76.5	78	79.5			+/-2
	Sleeve Length	63	65.5	67	68	69	70	71			+/-2

TOPS & OUTERWEAR CONT.		2XS	XS	S	M	L	XL	2XL	TOL
FR109	Kids' Long Sleeved Plain RUGBY SHIRT	Age		5-6	7-8	9-10	11-13		
		Chest		34	36	40	44		+/-1.5
		Length		49	59	62	65		+/-1.5
		Sleeve Length		42	48	49	50		+/-1.5
FR134	Long Sleeved Breton Striped T-SHIRT	Chest	46	49	52	55	58	61	+/-1.5
		Length	68	70	72	74	76	78	+/-2
		Sleeve Length	63.5	64.5	65.5	66.5	67.5	68.5	+/-2
FR135	Short Sleeved Breton Striped T-SHIRT	Chest	46	49	52	55	58	61	+/-1.5
		Length	68	70	72	74	76	78	+/-2
		Sleeve Length	19	20	21	22	23	24	+/-1
FR136 NEW	Striped T	Chest	54.5	56.5	58.5	60.5	62.5	64.5	+/-2
		Length	71	73	75	77	79	81	+/-2
		Sleeve Length	22	23	24	25	26	27	+/-1.5
FR200	Men's Contrast Pique POLO SHIRT	Chest		48	52	56	60	64	+/-1.5
		Length		70	72.5	75	77.5	80	+/-2
		Sleeve Length		25	25.5	25.5	26	26.5	+/-1.5
FR230	Striped Jersey POLO SHIRT	Chest	46	49	52	55	58	61	+/-1.5
		Length	68	70	72	74	76	78	+/-2
		Sleeve Length	22.5	23.5	24.5	25.5	26.5	27.5	+/-1.5
FR244	Stand Collar Stretch POLO SHIRT	Chest	46	49	52	55	58	61	+/-1.5
		Length	68	70	72	74	76	78	+/-2
		Sleeve Length	22.5	23.5	24.5	25.5	26.5	27.5	+/-1.5
FR500	Checked Cotton SHIRT	Chest		52.5	55	57.5	60.5	63	+/-1.5
		Length		74	75.5	77	78.5	80	+/-2
		Sleeve Length		67.5	68.5	69.5	70.5	71.5	+/-2
FR502	Supersoft Casual SHIRT	Chest	48	51	54	57	60	63	+/-1.5
		Length	74	75.5	77	78.5	80	81.5	+/-2
		Sleeve Length	64	65	66	67	68	69	+/-2
FR840	Striped Cuffed SWEAT	Chest	48	51	54	57	60	64	+/-1.5
		Length	68	70	72	74	76	78	+/-2
		Sleeve Length	64	65	66	67	68	69	+/-2
FR841	Striped Cuffed HOODIE	Chest	48	51	54	57	60	63	+/-1.5
		Length	68	70	72	74	76	78	+/-2
		Sleeve Length	64	65	66	67	68	69	+/-2
FR854 NEW	Recycled Sherpa FLEECE	Chest	51	54	57	60	63	66	+/-2
		Length	67	69	71	73	75	77	+/-2
		Sleeve Length	65	66	67	68	69	70	+/-2
FR905	Pullover Half Zip JACKET	Chest	51	54	57	60	63	66	+/-1.5
		Length	69	71	73	75	77	79	+/-2
		Sleeve Length	61.5	63.5	65.5	67.5	69.5	71.5	+/-2



TROUSERS & SHORTS		MEN'S	2XS/28"	XS/30"	S/32"	M/34"	L/36"	XL/38"	2XL/40"	TOL
		LADIES'	XS/8	S/10	M/12	L/14	XL/16	2XL/18		
FR605	Men's Stretch CHINO SHORTS	Waist	36.5	39	42	44.5	47	49.5	52	+/-1.5
		Hem	22.5	23	23.5	24	24.5	25	25.5	+/-1.5
		Inside Leg	25	25	25	26	26	26	26	+/-1.5
FR606	Ladies' Stretch CHINO SHORTS	Waist		37.5	40	42.5	45	47.5	50	+/-1.5
		Hem		24	24.5	25	26	27	27.5	+/-1.5
		Inside Leg		22	22	22	23	23	23	+/-1.5
FR621	Men's Stretch CHINOS	Waist	36.5	39	42	44.5	47	49.5	52	+/-1.5
		Hem	17.5	18	18.5	19	20	20.5	21	+/-1
		Inside Leg Reg	32"	32"	32"	32"	32"	32"	32"	+/-2
		Inside Leg Long	34"	34"	34"	34"	34"	34"	34"	+/-2
FR622	Ladies' Stretch CHINOS	Waist		37.5	40	42.5	45	47.5	50	+/-1.5
		Hem		15.5	16	16.5	17	17.5	18.5	+/-1
		Inside Leg		32"	32"	32"	32"	32"	32"	+/-2
FR625	Stretch Cargo TROUSERS	Waist	40	42	44	46	47	48		+/-1.5
		Hem	18.5	18.5	18.5	18.5	18.5	18.5		+/-1
		Inside Leg	32"	32"	32"	32"	32"	32"		+/-2
FR640	Striped Cuffed JOGGERS	Waist		35	37	39	41	43	45	+/-1.5
		Hem		10.5	11.5	11.5	12.5	13.5	14.5	+/-1
		Inside Leg		71	71	71	72	72	72	+/-2