

LONSDALE

HEREN – TOPS

Mens Tops			Inches Centimeters
International	Chest (in)	Waist (in)	
XS	34	28-30	
S	36	30-32	
M	38-40	32-34	
L	42-44	34-36	
XL	46-48	36-38	
2XL	50-52	38-40	
3XL	54-56	40-42	
4XL	58-60	42-44	

HEREN – BROEKEN

Mens Bottoms		
International	Waist (in)	Waist (cm)
XS	28-30	71-76
S	30-32	76-81
M	32-34	81-86
L	34-36	86-92
XL	36-38	92-97
2XL	38-40	97-102
3XL	40-42	102-107
4XL	42-44	107-112

Mens Jeans & Trousers		
SIZE	Inner Leg Length (in)	Inner Leg Length (cm)
SHORT (S)	30	76
REGULAR (R)	32	81
LONG (L)	34	86

HEREN – SCHOENEN

Mens Footwear		
UK Size	USA Size	Continental
5.5	6	38 $\frac{2}{3}$ "
6	6.5	39 $\frac{1}{3}$ "
6.5	7	40"
7	7.5	40 $\frac{2}{3}$ "
7.5	8	41 $\frac{1}{3}$ "
8	8.5	42"
8.5	9	42 $\frac{2}{3}$ "
9	9.5	43 $\frac{1}{3}$ "
9.5	10	44"
10	10.5	44 $\frac{2}{3}$ "
10.5	11	45 $\frac{1}{3}$ "
11	12	46"
11.5	12.5	46 $\frac{2}{3}$ "
12	13	47 $\frac{1}{3}$ "
12.5	13.5	48"
13	14	48 $\frac{1}{3}$ "
13.5	14.5	49 $\frac{1}{3}$ "
14	15	50"
15	16	-

HEREN – HANDSCHOENEN

Mens Gloves	
Different Brands May Vary	Hand Length - Tip Of Middle Finger To Crease Under Palm (Cm)
XS	17.8
S	19
M	20
L	21
XL	22

For goalkeeper gloves please see 'sports' section.

DAMES – TOPS

Womens Tops				Inches Centimeters
UK	International	Bust/Chest (in)	Waist (in)	Hips (in)
6	2XS	32	24	34
8	XS	33	26	35
10	S	34	27	37
12	M	36	29	39
14	L	38	31	40
16	XL	40	33	43
18	2XL	42	35	45
20	3XL	44	37	47
22	4XL	46	39	49

DAMES – BROEKEN

Womens Bottoms			Inches Centimeters
International	Waist (in)	Hips (in)	
2XS	24	34	
XS	26	35	
S	27	37	
M	29	39	
L	31	40	
XL	33	43	
2XL	35	45	
3XL	37	47	
4XL	39	49	

Womens Jeans & Trousers		
SIZE	Inner Leg Length (in)	Inner Leg Length (cm)
SHORT (S)	28	71
REGULAR (R)	30	76
LONG (L)	34	86

DAMES – SCHOENEN

Womens Footwear		
UK Size	USA Size	Continental
2.5	5	35
3	5.5	35 $\frac{1}{2}$ "
3.5	6	36
4	6.5	36 $\frac{2}{3}$ "
4.5	7	37 $\frac{1}{3}$ "
5	7.5	38
5.5	8	38 $\frac{2}{3}$ "
6	8.5	39 $\frac{1}{3}$ "
6.5	9	40
7	9.5	40 $\frac{2}{3}$ "
7.5	10	41 $\frac{1}{3}$ "
8	10.5	42
8.5	11	42 $\frac{2}{3}$ "
9	11.5	43 $\frac{1}{3}$ "
9.5	12	44

DAMES – HANDSCHOENEN

Womens Gloves	
Different Brands May Vary	Hand Length - Tip Of Middle Finger To Crease Under Palm (Cm)
XS	15.5
S	16.5
M	17.8
L	19
XL	20

For goalkeeper gloves please see 'sports' section.

JONGENS – FASHION

General Sizes	
UK Boys	Age
XXSB	5-6 Yrs
XSB	6-7 Yrs
SB	7-8 Yrs
MB	9-10 Yrs
LB	11-12 Yrs
XLB	13 Yrs

MEISJES – FASHION

General Sizes	
UK Girls	Age
XXSG	5-6 Yrs
XSG	6-7 Yrs
SG	7-8 Yrs
MG	9-10 Yrs
LG	11-12 Yrs
XLG	13 Yrs

KIDS – SCHOENEN

General Sizes		
UK	USA	Continental
1	2	33
1.5	2.5	34
2	3	34
2.5	3.5	35
3	4	36
3.5	4.5	36
4	5	37
4.5	5.5	37
5	6	38
5.5	6.5	38
6	7	39
6.5	7.5	39

PEUTERS – SCHOENEN

General Sizes		
UK	USA	Continental
C10	C11	28
C10.5	C11.5	28.5
C11	C12	29
C11.5	C12.5	30
C12	C13	31
C12.5	C13.5	31
C13	1	32
C14	1.5	33

SPORT

FIETSEN

Junior Bikes

Children's bikes are traditionally measured by wheel size in inches. The sizes are a guide as to what wheel size would be suitable for a particular age group.

Wheel Size	Recommended Age
12"	2-4 yrs
14"	4-6 yrs
16"	5-8 yrs
18"	6-9 yrs
20"	8-11 yrs
24"	9-12 yrs
26"	Adult

N.B. All BMX bikes come with a 20" wheel and a frame size from 10" - 12" (frames do vary depending on the manufacturer). BMX bikes are suitable for ages from 8 years to mid teens

Adult Bikes

Adult bikes are measured by the size of the frame (measured in inches from the centre of the bottom bracket to the top of the seat tube). The sizes below are a guide as to which frame size would be suitable for the rider's height.

Rider's Height	Frame Size
5' - 5'4"	17"
5'4" - 5'8"	18"
5'8" - 6'	20"
6'	22"

Road Bikes

Road bikes are also measured by the frame size as above but the size is listed in centimetres rather than inches.

Rider's Height	Frame Size
5' - 5'8"	50 cm
5'8" - 6'	53 cm
6' and above	56 cm

CRICKET

Cricket

It is important for juniors to choose the correct bat size to help them to swing properly and develop good technique. The longer a bat the heavier it is to swing and these are the recommended sizes of bats for players based on their age.

Size	Length	Recommended Age
2	27 $\frac{3}{4}$ "	5-8yrs
3	28 $\frac{3}{4}$ "	8-10yrs
4	29 $\frac{3}{4}$ "	9-11yrs
5	30 $\frac{3}{4}$ "	10-12yrs
6	31 $\frac{3}{4}$ "	11-13yrs
H0	32 $\frac{3}{4}$ "	12-14yrs
SH	33 $\frac{3}{4}$ "	14+Yrs - Adult
LH	34 $\frac{3}{4}$ "	Adult (over 6')

VOETBAL

Goalkeeper Gloves

Size	Length (Cm)	Width (Cm)
2	14	12
3	14.5	12.5
4	15	13
5	15.5	13.5
6	16	14.5
7	17	15.5
8	18	16.5
9	19	17.5
10	20	19
11	21	20

HOCKEY

Hockey Sticks

In order to select the correct length of stick. Measure from the hip joint (NOT the waist) down to the floor. This measurement is the correct length of stick.

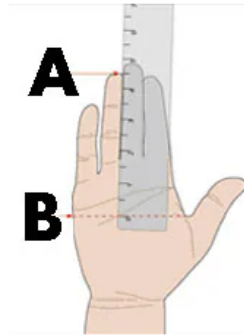
Stick Size	Recommended Age
28"	8-10 yrs
30"	10-12 yrs
32"	12-14 yrs
34"	14-16 yrs
36"+	Adults

TENNIS

Junior Rackets

We have provided below, a general guide for size of racket each age group should be suited to. If your child is tall or a more advanced player for their age, the size which you choose should be adjusted upwards.

Length	Recommended Age
19"	up to 4 yrs
21"	4-6 yrs
23"	7-8 yrs
25"	9-10 yrs
26"	10-12 yrs
Adult	12+ yrs



Adult Rackets

adult rackets are sized by the thickness of the grip rather than the length of the racket.

Measuring Up For Tennis Racket Grip Size:

With your playing hand, open your palm and extend your fingers, keeping them together as shown in the diagram. Then, take a ruler and align the edge with your second finger (A in the image) and the bottom of the ruler in line with the joint where your thumb meets your hand so that '0' on the ruler is in line with the dotted line (B in the image).

Your grip size is the determined by the measurement between point A and the line of point B.

Hand Measurement (in)	Hand Measurement (mm)	Grip Size
$4''$	100-103	0
$4\frac{1}{8}''$	103-106	1
$4\frac{1}{4}''$	106-110	2
$4\frac{3}{8}''$	110-113	3
$4\frac{1}{2}''$	113-116	4
$4\frac{5}{8}''$	116-119	5

ZWEMMEN

Please note: Speedo swimsuits are designed to have a close fit to your body to help you have the best swim. If you would like a looser fit you can go up a size.

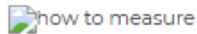
Speedo Swimsuits					
Speedo Size	UK	Body Measurements	Bust	Waist*	Height
26	4	Cm	66-71	52	77
28	6	Cm	71-76	57	82
30	8	Cm	76-81	62	87
32	10	Cm	81-86	67	92
34	12	Cm	86-91	72	97
36	14	Cm	91-96	77	102
38	16	Cm	96-101	82	107
40	18	Cm	101-106	87	112
42	20	Cm	106-111	92	117
44	22	Cm	111-116	97	122
46	24	Cm	116-121	102	127

* Waist is natural waist at narrowest point.

* Waist is natural waist at narrowest point.

International Conversion					
Speedo Size	UK	ES	IT	FR	DE
26	4	-	36	32	30
28	6	XXS	38	34	32
30	8	XS	40	36	34
32	10	S	42	38	36
34	12	M	44	40	38
36	14	L	46	42	40
38	16	XL	48	44	42
40	18	XXL	50	46	44
42	20	XXXL	52	48	46
44	22	-	54	50	48
46	24	-	56	52	50

How to Measure



1) Bust

Measure over the fullest part of your bust.

2) Waist

Measure around your navel (bend to the side to find the dent, this is where your waist is)

3) Hips

Measure around widest point of the hips and bum.

WETSUITS – MANNEN

Mens Wetsuits				
Size	Height	Weight	Chest	Hips
S	5' 4" - 5'6" (162cm - 167cm)	27" - 29" (69cm - 74cm)	34" - 36" (86cm - 91cm)	32" - 34" (81cm - 86cm)
MS	5' 6" - 5'8" (167cm - 172cm)	29" - 31" (74cm - 79cm)	36" - 38" (91cm - 97cm)	34" - 36" (86cm - 91cm)
MST	5' 10" - 6' 0" (177cm - 182cm)	29" - 31" (74cm - 79cm)	36" - 38" (91cm - 97cm)	34" - 36" (86cm - 91cm)
M	5' 8" - 5'10" (172cm - 177cm)	31" - 33" (79cm - 84cm)	38" - 40" (97cm - 102cm)	36" - 38" (91cm - 97cm)
MT	5' 10" - 6' 0" (177cm - 182cm)	31" - 33" (79cm - 84cm)	38" - 40" (97cm - 102cm)	36" - 38" (91cm - 97cm)
ML	5' 10" - 6' 0" (177cm - 182cm)	33" - 35" (84cm - 89cm)	40" - 42" (102cm - 107cm)	38" - 40" (97cm - 102cm)
LS	5' 8" - 5'10" (172cm - 177cm)	35" - 37" (89cm - 94cm)	42" - 44" (107cm - 112cm)	40" - 42" (102cm - 107cm)
L	5' 10" - 6' 0" (177cm - 182cm)	35" - 37" (89cm - 94cm)	42" - 44" (107cm - 112cm)	40" - 42" (102cm - 107cm)
LT	6' 0" - 6' 2" (182cm - 188cm)	35" - 37" (89cm - 94cm)	42" - 44" (107cm - 112cm)	40" - 42" (102cm - 107cm)
XL	5' 11" - 6' 1" (180cm - 185cm)	37" - 39" (94cm - 99cm)	44" - 46" (112cm - 117cm)	42" - 44" (107cm - 112cm)
XLT	6' 1" - 6' 3" (185cm - 190cm)	37" - 39" (94cm - 99cm)	44" - 46" (112cm - 117cm)	42" - 44" (107cm - 112cm)
XXL	6' 0" - 6' 2" (182cm - 188cm)	39" - 40" (99cm - 102cm)	46" - 48" (117cm - 122cm)	44" - 48" (112cm - 117cm)
XXLT	6' 3" - 6' 5" (190cm - 195cm)	39" - 40" (99cm - 102cm)	46" - 48" (117cm - 122cm)	44" - 48" (112cm - 117cm)

WETSUITS – VROUWEN

Womens Wetsuits				
Size	Height	Weight	Chest	Hips
UK 8 US 4 Euro1 36 Euro2 34	5' 4" - 5'5" (160cm - 165cm)	22" - 24" (56cm - 61cm)	30" - 32" (76cm - 81cm)	32" - 34" (81cm - 86cm)
UK 10 US 6 Euro1 38 Euro2 36	5' 5" - 5'6" (165cm - 167cm)	24" - 26" (56cm - 61cm)	32" - 34" (81cm - 86cm)	34" - 36" (86cm - 91cm)
UK 10T US 6 Euro1 38 Euro2 36	5' 6" - 5'7" (167cm - 170cm)	24" - 26" (56cm - 61cm)	32" - 34" (81cm - 86cm)	34" - 36" (86cm - 91cm)
UK 12 US 8 Euro1 40 Euro2 38	5' 6" - 5'7" (167cm - 170cm)	26" - 28" (66cm - 71cm)	34" - 36" (86cm - 91cm)	36" - 38" (91cm - 97cm)
UK 12T US 8 Euro1 40 Euro2 38	5' 7" - 5'8" (170cm - 173cm)	26" - 28" (66cm - 71cm)	34" - 36" (86cm - 91cm)	36" - 38" (91cm - 97cm)
UK 12/14 US 8/10 Euro1 40/42 Euro2 38/40	5' 6" - 5'7" (167cm - 170cm)	26" - 28" (66cm - 71cm)	34" - 36" (86cm - 91cm)	38" - 40" (97cm - 102cm)
UK 14 US 10 Euro1 42 Euro2 40	5' 7" - 5'8" (170cm - 173cm)	28" - 30" (71cm - 76cm)	36" - 38" (91cm - 97cm)	38" - 40" (97cm - 102cm)
UK 16 US 12 Euro1 44 Euro2 42	5' 8" - 5'9" (173cm - 176cm)	30" - 32" (76cm - 81cm)	38" - 40" (97cm - 102cm)	40" - 42" (102cm - 107cm)
UK 18 US 14 Euro1 46 Euro2 44	5' 8.5" - 5'9.5" (174cm - 177cm)	32" - 34" (81cm - 86cm)	40" - 42" (102cm - 107cm)	40" - 42" (102cm - 107cm)
UK 20 US 16 Euro1 48 Euro2 46	5' 9" - 5'10" (176cm - 177cm)	34" - 36" (86cm - 91cm)	42" - 44" (107cm - 112cm)	44" - 46" (112cm - 117cm)
UK 22 US 18 Euro1 50 Euro2 48	5' 10" - 5'10.5" (177cm - 180cm)	36" - 38" (91cm - 97cm)	44" - 46" (112cm - 117cm)	46" - 48" (117cm - 122cm)

WETSUITS – KIDS

Junior Wetsuits					
Size	Age	Height	Weight	Chest	Hips
T0	0-1	2' 5" (74cm)	17" (43cm)	18" (46cm)	20" (51cm)
T1	1-2	2' 10" (88cm)	18" (46cm)	19" (48cm)	21" (53cm)
T2	2-3	3' 3" (99cm)	19" (48cm)	20" (51cm)	21" (53cm)
T3	3-4	3' 5" (104cm)	20" (51cm)	21" (53cm)	22" (56cm)
JXXXS	4-5	3' 10" (116cm)	20" (51cm)	23" (58cm)	22" (56cm)
JXXS	5-6	4' 1" (124cm)	21" (53cm)	24" (61cm)	23" (58cm)
JXS	7-8	4' 4" (132cm)	22" (56cm)	26" (66cm)	24" (61cm)
JS	9-10	4' 7" (140cm)	23" (58cm)	28" (71cm)	26" (66cm)
JM	11-12	4' 10" (146cm)	24" (61cm)	29" (74cm)	28" (71cm)
JL	13-14	5' 1" (154cm)	26" (66cm)	31" (79cm)	29" (74cm)
JXL	14+	5' 4" (162cm)	28" (71cm)	33" (84cm)	31" (79cm)