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Classic tunics

Quick reference guide



HP298



HP369W



NF48



ST298



NF190



HF719



ST313



HO137



D313



NF20



NF21



Classic dresses

Quick reference guide



HP297



HP370W



HE227



D312



NF51



Contemporary tunics and dress

Quick reference guide



NF977



NF172



2251



NF959



NF990



NF58



NF54



HE16

new



NF191



NF43A



NF59



NF32



NF33



Men's tunics

Quick reference guide



G103



NM48



NM173



NM54



NM7



NM43



G91



Pale blue/white (PB)



Pale blue/pale blue (SK)



Pale blue/sailor navy
(HP298 ZX HP297 BX)



Pastel Blue/white (P7)



Peacock/white (PK)



Metro blue/white (ME)



Hospital blue/white (HB)



Hospital blue/sailor navy (HN)



Blade blue/white (BB)



Royal box/white (RO)



Sailor navy/sailor navy (NN)



Sailor navy/white (NA)



Sailor navy/pale blue (NB)



Sailor navy/yellow (NY)



Sailor navy/red (NR)



Aqua/white (AQ)



Aqua marine/white (AM)



Turquoise/white (TU)



Bottle green/white (BO)



Yellow/white (YE)
HP298 ONLY



Bright pink/bright pink (BP)
HP298 ONLY 210gsm



Red/sailor navy (RN)



Red/red (RE)



Burgundy/cream (BU)



Lavender/white (LA)



Lilac/white (LI)



Purple/white
(HP298 ES HP297 PU)



Purple/purple (PU)
HP298 ONLY



Pale grey/white (PG)



Hospital grey/white (HG)



Convoy grey/white (GR)



Convoy grey/red (G1)



Black/white
(HP298 EB HP297 BH)

26,45€



HP298

27,45€



HP297



Classic collar tunic and dress

Worn by thousands of healthcare professionals across the UK. Our classic HP298 tunic remains our best seller, standing the test of time.

Concealed zip front • Two hip and chest pockets • Double action back • Up to 60° wash • Suitable for industrial laundry • 195gsm 65% polyester/35% cotton • Chest sizes 76 - 148cm
• Size guide **G**

HP298

Women's classic collar tunic

26,45€

HP297

Classic collar dress

Lengths: Short (**S**) 100cm, Regular (**R**) 106cm,

Tall (**T**) 112cm, Unhemmed (**U**) 122.5cm

27,45€

Maternity

NF52

Maternity classic collar tunic

29,45€

NF53

Maternity classic collar dress

Unhemmed • Length: 122.5cm Unhemmed (**U**)

27,45€



Model wears: HP298 Women's classic collar colour tunic

Classic collar styles

Our Classic designs in clean, enduring white with a subtle choice of piped trim colours, in a tunic or dress.

Concealed zip front • Two hip and chest pockets • Double action back • 210gsm
65% polyester/35% cotton • Up to 60° wash
• Suitable for industrial laundry • Chest sizes
76 - 148cm • Size guide **G**



Model wears: HP369W Women's classic collar tunic

HP369W Women's classic collar tunic

HP370W Classic collar dress Length: 117cm unhemmed (U)

23,45€



27,45€



White/white (WH)



White/sky blue (SK)



White/peacock (PK)



White/hospital blue (HB)



White/royal box (RO)



White/sailor navy (NA)



White/aqua (AQ)



White/bottle green (BO)



White/yellow (YE)



White/red (RE)



White/burgundy (BU)



White/lilac (LI)



White/purple (WU)



White/pale grey (PG)

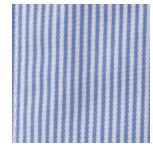


White/black (WD)

Classic collar stripes

Fresh-looking and lighter in weight, this woven, striped fabric version of our classic tunic is popular to denote additional roles within the healthcare industry.

Concealed zip front • Two hip and chest pockets • Double action back
 • 180gsm 65% polyester/35% cotton • Up to 60° wash • Suitable for industrial laundry • Chest sizes 76 - 148cm • Size guide **G**



NF55

ST298 Women's classic collar stripe tunic 24,45€

ST297 Classic collar stripe dress

Front and back skirt pleats • Lengths: Short (**S**) 100cm, Regular (**R**) 106cm, Tall (**T**) 112cm, Unhemmed (**U**) 122cm 28,45€

NF55 Maternity stripe tunic 24,75€

NF56 Maternity stripe dress 28,75€

Front and back skirt pleats • Length: 112.5cm Unhemmed (**U**) • Sizes 6 - 26



Blue/white (BL)



Blue/sailor navy
(**ST298, ST297 ZH**
NF55, NF56 BX)



Blue/red (L9)
(**ST298, ST297** only)



Navy/white (NA)



Aqua/white (AQ)



Lilac/white (LI)



Pale grey/white (PG)
(**ST298, ST297** only)

Classic collar spot print

Our popular spot print is available in our classic tunic and dress, ideal for specialist job roles.

Concealed zip front, step-in style • Two hip and chest pockets • Double action back • 195gsm 65% polyester/35% cotton • Up to 60° wash
 • Suitable for industrial laundry • Chest sizes 76 - 148cm • Size guide **G**



HE227

31,75€



HF719

28,45€

HF719 Women's classic collar spot tunic

HE227 Classic collar spot dress

Length: 119.5cm unhemmed



Sailor navy/white
(NW)



Sailor navy/sailor navy (NN) (NR)
(**HF719** only)

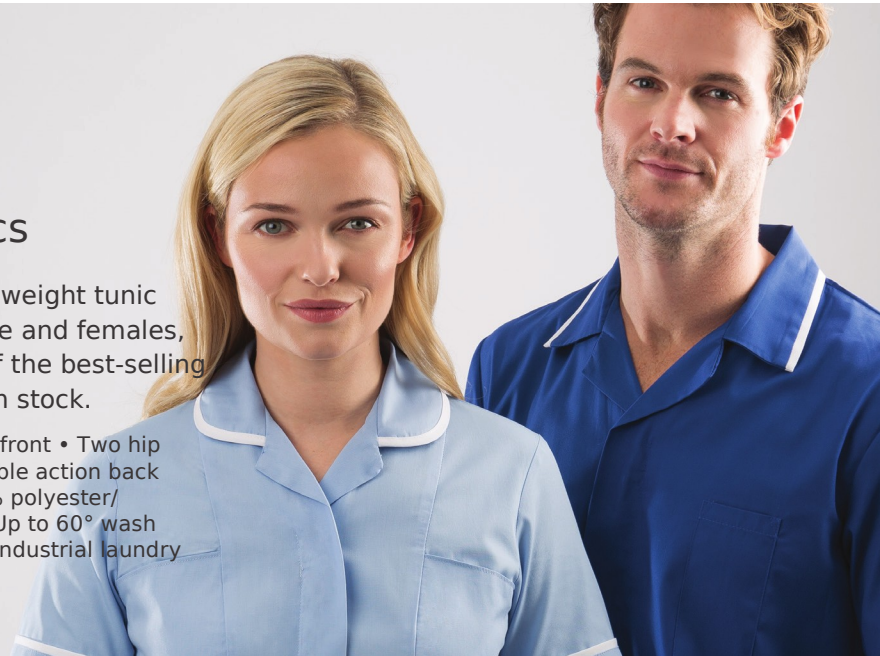


Sailor navy/red
(**HF719** only)

Classic lightweight tunics

Our lightest-weight tunic for both male and females, in a range of the best-selling colours, from stock.

- Concealed zip front
- Two hip pockets
- Double action back
- 145gsm 65% polyester/35% cotton
- Up to 60° wash
- Suitable for industrial laundry



Models wear: NF48 Women's classic collar and NM48 Men's reverse collar lightweight tunics



22,95€

NF48 Women's classic
lightweight tunic
Two Chest Pockets • Chest sizes
76 - 148cm • Size guide **G**



White/
white (WH)

White/sailor
navy (WN)



White/bottle
green (WG)

Pale blue/
white (PB)

Hospital blue/
white (HB)

NM48 Men's classic
lightweight tunic
One chest pocket • Chest sizes
80 - 140cm • Size guide **E**

22,95€



Royal box/
white (RO)



Sailor navy/
white (SN)



Sailor navy/
red (NR)



Aqua/
white (AQ)



Bottle green/
white (BO)



Burgundy/
cream (BU)



Lilac/
white (LI)



Purple/
white (PU)



Pale grey/
white (PG)



Black/
white (BH)



Epaulette tunics

Epaulettes are a clever, practical and cost effective way to denote different roles or departments. Many organisations use this option as a quick and easy method of managing tunic stock for multiple wearers.

NF190

- Women's epaulette tunic
 Concealed zip front • Two hip and chest pockets • Double action back
 • 210gsm 65% polyester/35% cotton
 • Chest sizes 76 - 148cm
 • Size guide **G**

H572

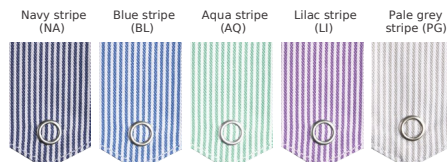
- Men's epaulette tunic
 Concealed zip front • Two hip pockets, one chest pocket • Double action back
 • 210gsm 65% polyester/35% cotton
 • Chest sizes 80 - 140cm
 • Size guide **E**

G91

- Men's epaulette dental tunic
 Concealed stud fastening • One hip and chest pocket • 195gsm 65% polyester/35% cotton • Chest sizes 80 - 140cm
 • Size guide **E**



Stud epaulettes
 Sold in pairs
D101 Plain
HL817 Stripe



Revere collar men's tunic is available in **36 plain colours**



Revere collar men's tunic is available in **6 stripe colours**





Men's classic tunic

Available in a wide variety of white, stripe and colour options, our reverse collar men's tunic is a stylish and practical choice for men working in the healthcare industry.

G103 Plain

Plain • 195gsm 65% polyester/35% cotton
22,75€

NM173 Stripe

Stripe • 180gsm 65% polyester/35% cotton
28,45€

- Concealed zip front • Two hip pockets, one chest pocket
- Double action back • Chest sizes 80 - 140cm
 - Up to 60° wash • Suitable for industrial laundry
 - Size guide **E**



Model wears: G103 Men's reverse collar tunic and NM30 Essential men's trousers



20,75€

D313



White/white 210gsm (WH)
D313 only



Pale blue/white (PB)
D313 only



Pale blue/sailor navy (BX)



Peacock/white (PK)



Hospital blue/white (HB)
D313 only



25,75€

D312



Royal box/white (RO)
D313 only



Sailor navy/white (NA)
D313 only



Aqua/white (AQ)
D313 only



Aqua marine/white (AM)



Bottle green/white (BO)



Yellow/white (YE)



Burgundy/cream (BU)



Lilac/white (LI)



Purple/white (PU)



Pale grey/white (PG)
D313 only



Convoy grey/white (GY)



Black/white (BH)

Women's reverse collar colours

Made from hard wearing polycotton fabric, our reverse collar tunic and dress withstands the test of the daily routine.

Concealed zip front • Single action back • Two hip pockets, one chest pocket • 195gsm 65% polyester/35% cotton
• Chest sizes 76 - 148cm • Size guide **G**

D313 Tunic

D312 Dress

Lengths: Short (**S**) 100cm, Regular (**R**) 106cm,
Tall (**T**) 112cm, Unhemmed (**U**) 122cm



Women's reverse collar ST313 tunic and ST312 dress are available in **5 stripe colours**



Women's reverse collar HO137 tunic is available in **4 stripe colours**



Women's reverse collar stripes

These crisp, lighter-weight options are particularly popular in dispensing and local clinic roles.

- Concealed zip front • Single action back • Two hip pockets, one chest pocket • Up to 60° wash
- Suitable for industrial laundry • Size guide **G**

ST313 Tunic

180gsm 65% polyester/35% cotton
• Chest sizes 76 - 148cm

ST312 Dress

180gsm 65% polyester/35% cotton
• Chest sizes 76 - 148cm • Lengths: Short (**S**) 100cm, Regular (**R**) 106cm, Tall (**T**) 112cm, Unhemmed (**U**) 122cm

HO137 Tunic

150gsm 65% polyester/35% cotton
• Chest sizes 80 - 148cm

Mandarin collar style

A smart alternative to the traditional collar, the mandarin style is both stylish and easy to wear.



Concealed zip fastening • Two hip pockets • 195gsm 65% polyester/35% cotton • Double action back
 • Up to 60° wash • Suitable for industrial laundry

NF20

Women's mandarin collar tunic
 Two chest pockets • Chest sizes 76 - 148cm
 • Size guide **G**

NF51

Mandarin collar dress
 Two chest pockets • Chest sizes 76 - 148cm
 • Lengths: Short (**S**) 100cm, Regular (**R**) 106cm, Tall (**T**) 112cm, Unhemmed (**U**) 122cm
 • Size guide **G**

NM7

Men's mandarin collar tunic
 One chest pocket • Sizes XS - 4XL
 • Size guide **E**



Models wear: NF20 Women's and NM7 Men's mandarin collar tunics



Models wear: G86 Men's dental tunic and NF21 Women's dental tunic



Men's dental tunic is available in **5 colours**
 Women's dental tunics are available in **4 colours**



Dental tunics

The classic asymmetrical dental tunic remains a favourite style with industry professionals.

Concealed stud fastening • One hip and chest pocket • 195gsm 65% polyester/35% cotton

G86
 Men's dental tunic
 Chest sizes 80 - 140cm • Size guide **E**

NF21
 Women's dental tunic
 Sizes 6 - 34 • Size guide **G**

G91
 Men's epaulette dental tunic
 Chest sizes 80 - 140cm • Size guide **E**
 Available in White (WH) only
Epaulettes sold separately - see page 23

Contrast trim tunics

Inspired by modern beauty and spa influences, this stylish nursing tunic is a new interpretation of proven practicality for forward-thinking organisations.

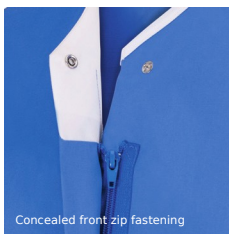
Concealed zip fastening • Two hip pockets • Double action back • 195gsm 65% polyester/35% cotton • Up to 60° wash • Suitable for industrial laundry

NF54 Women's contrast trim tunic
 Sizes 6 - 34 • Size guide **G**

NM54 Men's contrast trim tunic
 Sizes XS - 4XL • Size guide **E**



Models wear: NF54 and NM54 Contrast trim tunics



Concealed front zip fastening



White/sailor navy (WN)
 210gsm



Pale blue/white (PB)



Hospital blue/white (HB)



Royal box/white (RO)
NF54 only



Sailor navy/white
(NF54 NW NM54 NZ)



Sailor navy/red (NR)
NF54 only



Aqua/white (AQ)
NF54 only



Bottle green/white (BO)
NF54 only



Burgundy/cream (BU)
NF54 only



Lilac/white (LI)
NF54 only



Purple/lilac (I3)
NF54 only

Women's **contrast trim** stud tunic

Our bestselling contrast trim tunic is now available in a new variation, ideal for the european market with stud fastening and plain back. Available in 5 colours.



19,45€

White/
red (WR)White/
white (WH)White/
royal (WQ)Pink/
white (PI)Grey/
white (GI)**new**

Model wears: HE16 Women's contrast trim stud tunic

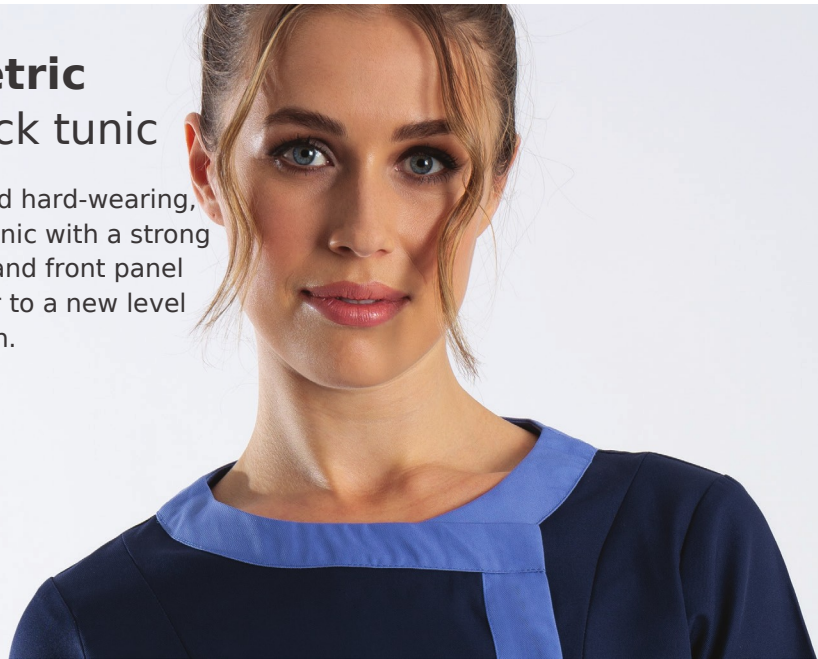
HE16 Women's contrast trim stud tunic

Concealed stud fastening • Two hip and chest pockets

- 210gsm 65% polyester 35% cotton • Up to 60° wash
- Suitable for industrial laundry • Sizes: XS - 4XL
- Size guide **G**

Asymmetric round neck tunic

Comfortable and hard-wearing, this feminine tunic with a strong contrast collar and front panel takes workwear to a new level of sophistication.



Model wears: NF191 Women's asymmetric tunic

NF191 Women's asymmetric round neck tunic

Concealed zip fastening • Two hip pockets • Double action back • 195gsm
65% polyester/35% cotton • Up to 60° wash • Suitable for industrial laundry

• Chest sizes 76 - 148cm • Size guide **G**



28,45€



Lilac/
purple (JN)



Purple/
lilac (I3)



Metro blue/
sailor navy (MV)



Sailor navy/
metro blue (OH)



19,45€

Black/bright pink (BP)



Black/white (BH)



19,95€

White (WH)



Black (BK)

NF977 Women's contrast piping tunic

Concealed back zip • Side vents • 195gsm 65% polyester/35% cotton
• Up to 60° wash • Chest sizes 76 - 136cm • Size guide **G**

NF172 Women's button front tunic

195gsm 65% polyester/35% cotton • Up to 60° wash
• Chest sizes 76 - 136cm • Size guide **G**

NF300 Spare buttons pack of 10 6,95€



21,45€

NF969 Women's zip fastening tunic

Concealed zip fastening • Mock button detail • Two hip pockets • Double action back • 195gsm 65% polyester/35% cotton • Up to 60° wash
• Chest sizes 80 - 148cm • Size guide **G**



26,95€

2251 Women's concealed button tunic

Double action back • Two hip and one back pocket • 220gsm 65% polyester/35% cotton • Up to 60° wash • Sizes 6 - 34 • Size guide **G**



Shoulder button tunic



White (WH)



Red (RE)



Bright pink (BP) 210gsm



Black (BK)

NF959 Women's shoulder button tunic

Concealed back zip • Side vents • 195gsm 65% polyester/35% cotton
• Up to 60° wash • Chest sizes 76 - 136cm • Size guide **G**

Asymmetrical button tunic

Smart, feminine and functional. This popular style exudes elegance and professionalism. Made in our superior soft-touch polyester fabric in a choice of 12 on-trend colours with brushed steel buttons, you will not only look smart, but also feel fabulous.



19,45€



NF990 Women's asymmetrical button tunic
Two pockets • Single action back • 200gsm 100% soft touch polyester
• Up to 40° wash • Sizes 6 - 28 • Size guide **G**

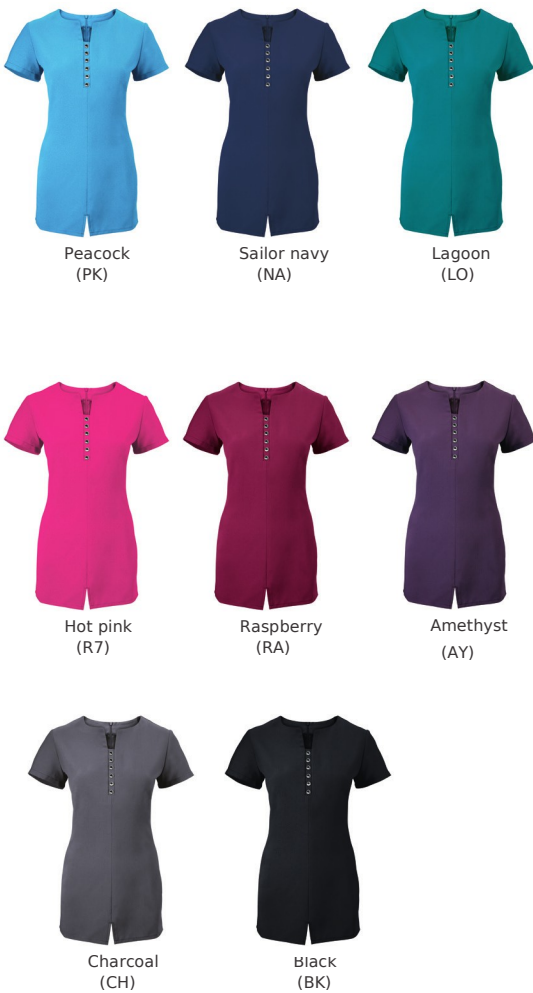
NF30 Maternity asymmetrical button tunic 29,45€
Available in Amethyst and Black only

NF300 Spare buttons pack of 10 6,95€



Notch neck tunic

A pretty, feminine style with shaped seams, neck and hem notches. Finished with a row of sparkling crystal studs. It may look delicate, but made from our amazing soft-touch polyester fabric, you'll find this style as hard wearing and practical to wear as any of the garments in our collection.



29,75€



Model wears: NF58 Women's notch neck tunic

NF58 Women's notch neck tunic

Concealed back zip fastening • 200gsm 100% soft polyester • Up to 40° wash

• Sizes 6 - 26 • Size guide **G**

Satin trim dress and tunic

Satin piping gives these garments a subtle touch of class to a timeless style. Gentle contouring flatters without restricting movement.

With a choice of garments everyone in the team can have a style that suits them. Made from our easy-to-wear soft-touch fabric in sizes 6 to 26.



Satin trim dress and tunic

Concealed back zip • Side vents • 200gsm 100% soft touch polyester

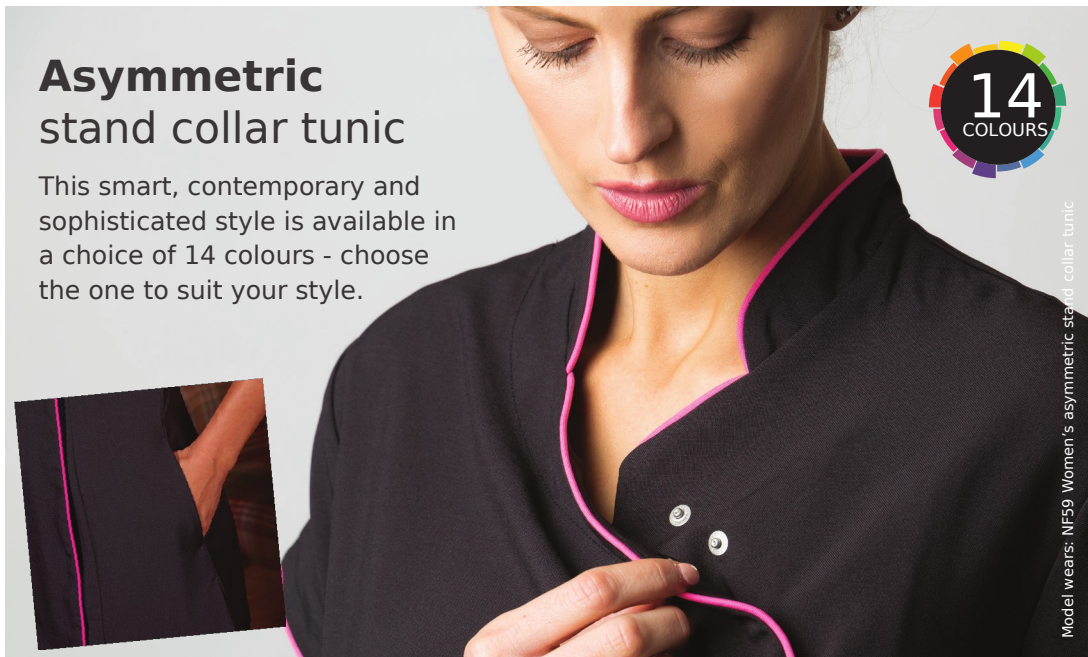
• Up to 40° wash • Sizes 6 - 26 • Size guide **G**

[NF33](#) Dress

[NF32](#) Tunic

Asymmetric stand collar tunic

This smart, contemporary and sophisticated style is available in a choice of 14 colours - choose the one to suit your style.



Model wears: NF59 Women's asymmetric stand collar tunic

NF59 Women's asymmetric stand collar tunic

- Concealed zip fastening • Two concealed hip pockets • Single action back
- Side vents • 200gsm 100% soft touch polyester • Up to 40° wash
- Sizes 6 - 26 • Size guide **G**

19,95€



White/
white (WH)



Teal/
peacock (TP)



Peacock/
peacock (PK)



Sailor navy/sailor
navy (NA)



Cobalt/
cobalt (CB)



Lagoon/
lagoon (LO)



Olive/
olive (OL)



Hot pink/
hot pink (R7)



Red/
red (RE)



Raspberry/
raspberry (RA)



Amethyst/amethyst
(AY)



Charcoal/
charcoal (CH)



Black/
peacock (BA)



Black/
hot pink: (BN)

Men's and women's stretch scrub tops

With simple lines and stretch side panels, this easy-to-wear top is a crossover between tunic and scrub for fast-paced environments.



Model wears: NF43 Women's stretch scrub top



Metro blue/
sailor navy (MV)



Blade blue/
lime (BE)



Sailor navy/metro
blue (OH)



Pink/black
(KB)



Black/pink
(BP)



25,75€

Stretch scrub top

Two hip pockets • Main fabric: 195gsm 65% polyester/35% cotton, side panels: 240gsm 70% viscose/25% polyamide/5% elastane • Up to 60° wash

NF43A Women's

Single action back • Sizes XS - 4XL • Size guide **G**

NM43 Men's

Sizes S - 4XL • Size guide **E** 25,75€

Scrub tops and trousers

These great value scrubs are a practical design for any medical environment.



145gsm 65% polyester/35% cotton • Up to 60° wash • Suitable for industrial laundry • Sizes XS - 4XL

NF26 Women's scrub tunic

Two hip pockets • Side vents • Size guide **G**

D397 Unisex scrub tunic

Two hip pockets, one chest pocket • Side vents

• Size guide **A**

D398 Unisex scrub trousers

Elasticated drawcord waist • Back pocket • Inside leg: Short (**S**) 29ins, Regular (**R**) 31ins, Unhemmed

(**U**) 38ins • Size guide **A**



FT503 Women's smart scrub tunic

195gsm 65% polyester/35% cotton • Up to 60° wash • Suitable for industrial laundry • Sizes XS - 4XL • Size guide **G**

19,45€



19,75€



UT404 Smart scrub tunic

Unisex • 195gsm 65% polyester/35% cotton • Up to 60° wash • Suitable for industrial laundry • Sizes XS - 4XL • Size guide **A**



19,45€



16,75€



UB453 Smart scrub trousers with pockets

Unisex • Elasticated waist with drawcord • 195gsm 65% polyester/35% cotton • Up to 60° wash • Suitable for industrial laundry • Inside leg: Short (**S**) 31ins, Regular (**R**) 33ins, Tall (**T**) 36ins, Unhemmed (**U**) 38ins • Sizes XS - 4XL • Size guide **A**



NU165 Smart scrub trousers

Unisex • Elasticated waist with drawcord • 195gsm 65% polyester/35% cotton • Up to 60° wash • Suitable for industrial laundry • Inside leg: Short (**S**) 29ins, Regular (**R**) 31ins, Unhemmed (**U**) 38ins • Sizes XS - 4XL • Size guide **A**

Contrast trim scrub tunics

These new scrubs are made from premium-weight fabric to give a superior fit. Available in 9 colours with contrast trim on the neckline and cuffs.

16,45€



HP21

16,45€



HP20



Model wears: HP21 Women's contrast trim scrub tunic and NU165 Smart scrub trousers

Contrast trim scrub tunic

Concealed waterproof pen pocket • 195gsm 65% polyester/35% cotton

• Up to 60° wash

HP21 Women's

Sizes XS - 4XL • Size Guide **A**

HP20 Unisex

Sizes XS - 4XL • Size Guide **G**

Measuring

A good fit is vital for a professional look and wearer comfort. The guides below show you where to take your measurements correctly to give you the optimum fit. Each product in this catalogue refers to an alphabetical size guide code, so that you can select a garment size that will fit your measurements. You will find the alphabetical size guides on the following pages.

- Sizes outside the standard catalogue range may be available please call or visit our website for more information.
 - Please note Euro sizes, where shown, are an indication only and can vary by country.
 - Measurements shown in the guides are body measurements, not the garment measurements.
- Tip:** When measuring yourself, ensure that the tape is held flat and not tight.

Men's measure guide



Chest
Measure over the fullest part of the chest under the arms and straight across the back.

Waist
Measure 3cm below navel with the tape snug but not tight.

Inside leg
Measure from the crotch to the desired trouser length.



Garment care

Please read the care instructions provided on garment labels before washing. Follow these instructions carefully to maintain the good appearance and life of the garment.

- Wash dark and light colours separately. Colour can rub off onto other garments if washes are mixed.
- Wash garments frequently to prolong their life - avoiding heavy soiling.
- Keep garments with different fibre content separate when washing.
- Follow tumble drying instructions carefully as per the symbol on the care label.

Women's measure guide



Bust

Measure over the fullest part of the chest under the arms and straight across the back.



Waist

Measure 4cm above the navel with the tape snug but not tight.



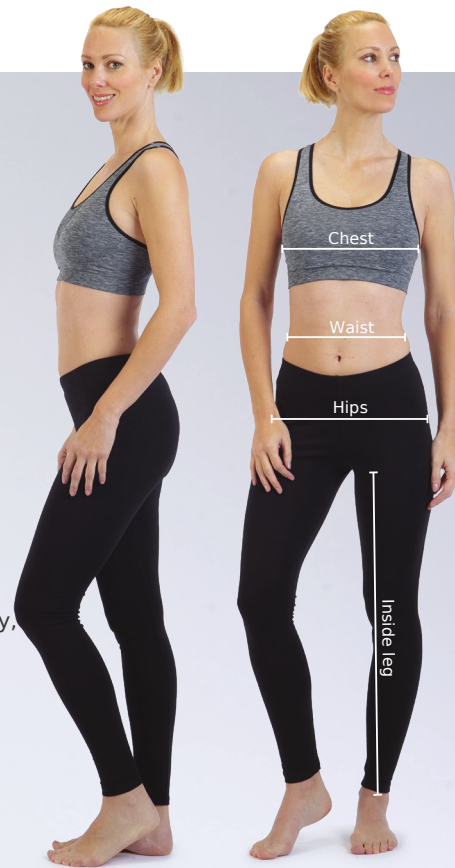
Hips

Measure the fullest part of the body, generally 20cm below the waist.



Inside leg

Measure from the crotch to the desired trouser length.



Size guides

Size guide A - Men's and unisex

GARMENT / ORDER SIZES	Alpha order size		XS		S		M		L	
	Collar order size	ins	13.5	14	14.5	15	15.5	16	16.5	
	Chest order size	ins	32	34	36	38	40	42	44	
	Waist order size	ins	26	28	30	32	34	36	38	
BODY MEASURE	Euro chest size		42	44	46	48	50	52	54	
	Euro waist size		36	38	40	42	44	46	48	
	Chest	ins	32	34	36	38	40	42	44	
		cm	81.5	86.5	91.5	96.5	101.5	106.5	111.5	
Waist	ins	26	28	30	32	34	36	38		
	cm	66.5	71.5	76.5	81.5	86.5	91.5	96.5		

NB: When ordering in alpha sizes, we recommend that female wearers take a size smaller than their usual female size.

Size guide G - Women's

GARMENT / ORDER SIZES	Alpha order size		XXS		XS		S		M	
	Dress order size		4	6	8	10	12	14		
	Dress cm		76	80	84	88	92	96		
BODY MEASURE	Euro sizing		30	32	34	36	38	40		
	Bust	ins	30	31	32	34	36	38		
		cm	76	79	81.5	86.5	91.5	96.5		
	Waist	ins	24	25	26	28	30	32		
cm		61	63.5	66	71	76	81			
Hips	ins	33	34	35	37	39	41			
	cm	84	86.5	89	94	99	104			

Size guide E - Leisurewear, tunics, trousers, foodtrade and coats

ORDER SIZES	Alpha order size		XS			S		M		L		XL	2XL	3XL	4XL
	Order size	cm	80	84	88	92	96	100	104	108	112	116	124	132	140
BODY MEASURE	Chest and waist order size	ins	31.5	33	34.5	36	38	39.5	41	42.5	44	45	49	52	55
		cm	80	84	88	92	96	100	104	108	112	116	124	132	140

Size guide A - continued

XL		2XL		3XL		4XL		5XL	
17	17.5	18	18.5	19	19.5	20	20.5	21	21.5
46	48	50	52	54	56	58	60	62	64
40	42	44	46	48	50	52	54	56	58
56	58	60	62	64	66	68	70	72	74
50	52	54	56	58	60	62	64	66	68
46	48	50	52	54	56	58	60	62	64
116.5	121.5	126.5	131.5	136.5	141.5	146.5	151.5	156.5	161.5
40	42	44	46	48	50	52	54	56	58
101.5	106.5	111.5	116.5	121.5	126.5	131.5	136.5	141.5	146.5

Size guide G - continued

L		XL		2XL		3XL		4XL	
16	18	20	22	24	26	28	30	32	34
100	104/ 108	112	116	120	124/ 128	132	136	140	144/ 148
42	44	46	48	50	52	54	54/56	-	-
40	42	44	47	49	51	53	55	57	59
101.5	106.5	111.5	119	124.5	129.5	134.5	140	145	150
34	36	38	41	43	45	47	49	51	53
86	91	96	104	109	114.5	119	124.5	129.5	134.5
43	45	47	50	52	54	56	58	60	62
109	114	119	127	132	137	142	147	152	157.5

How do I know what size I am?

The size guides on these pages are a guide as to what size you would be in our products. Unless shown on the page, each product within this catalogue references one of the 5 size guides. Please ensure you are referencing the correct size guide and order line when choosing your order size.