

FRONT ROW & CO

HERITAGE CLOTHING

TO FIT GUIDE 2025

All measurements are listed in cm unless otherwise stated.

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.

MEN'S GARMENTS - Tops & Outerwear *Excluding FR104	XXS	XS	S	M	L	XL	XXL	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	XS	S	M	L	XL	XXL	3XL			
EUR - CHEST - TO FIT	44-46	46-48	48-50	52	54-56	56-58	58-60			
CHEST - FR104 SUPERFIT - TO FIT INCHES	34-36	36-38	38-40	42	44-46	46-48	48-50			
CHEST - FR104 SUPERFIT - TO FIT CMS	86-91	91-96	96-101	107	112-117	117-122	122-127			

MEN'S GARMENTS : Trousers & Shorts	XXS	XS	S	M	L	XL	XXL
EUR - WAIST - TO FIT	38	40	42	44	46	48	50
WAIST - TO FIT - INCHES	28	30	32	34	36	38	40
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	XXL	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

LADIES GARMENTS : Trousers & Shorts	XS	S	M	L	XL	XXL
UK - TO FIT	8	10	12	14	16	18
EUR - TO FIT	36	38	40	42	44	46
WAIST - INCHES	26	28	30	32	34	36
WAIST - CM	66	71	76	81	86	91
INSIDE LEG LENGTH - REGULAR INCHES	32	32	32	32	32	32

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

KIDS' GARMENTS - 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

SIZE SPECIFICATION SUMMARIES 2025

FR001			S	M	L	XL	2XL	3XL			TOL
MEN'S LONG SLEEVED ORIGINAL RUGBY SHIRT	SHOULDER		46	50	55	60	62.5	65			+/-1.5
	CHEST		47	51	56	61	63.5	68.5			+/-1.5
	LENGTH		72.5	74.5	77	79.5	82	83			+/-2
	SLEEVE LENGTH (Excluding cuff)		49	51.5	54	56.5	59	59			+/-1.5
	SLEEVE LENGTH (Including cuff)		56	58.5	61	63.5	66	66			+/-1.5

FR003			S	M	L	XL	2XL				TOL
SHORT SLEEVED ORIGINAL RUGBY SHIRT	SHOULDER		46	50	55	60	62.5				+/-1.5
	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			XS	S	M	L	XL	2XL			TOL
PANELLED 1/4 ZIP	SHOULDER		44	47	50	53	56	59			+/-1.5
	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			S	M	L	XL	2XL				TOL
PANELLED RUGBY SHIRT	SHOULDER		46	50	55	60	62.5				+/-1.5
	CHEST		47	51	56	61	63.5				+/-1.5
	LENGTH		72.5	74.5	77	79.5	82				+/-2
	SLEEVE LENGTH (Including cuff)		56	58.5	61	63.5	66				+/-1.5

FR008			S	M	L	XL	2XL				TOL
SEWN STRIPE LONG SLEEVED RUGBY SHIRT	SHOULDER		46	50	55	60	62.5				+/-1.5
	CHEST		47	51	56	61	63.5				+/-1.5
	LENGTH		72.5	74.5	77	79.5	82				+/-2
	SLEEVE LENGTH (Excluding cuff)		49	51.5	54	56.5	59				+/-1.5
	SLEEVE LENGTH (Including cuff)		56	58.5	61	63.5	66				+/-1.5

FR045			XS	S	M	L	XL	2XL	3XL		TOL
PREMIUM 1/4 ZIP	SHOULDER		40	43	46	49	52	55	58		+/-1.5
	CHEST		50	53	56	59	62	65	68		+/-1.5
	LENGTH		66.5	69.5	72.5	75.5	78.5	81.5	84.5		+/-2
	SLEEVE LENGTH		64.5	66.5	68.5	70.5	72.5	74.5	76.5		+/-2

FR050			XS	S	M	L	XL	2XL	3XL		TOL
PULLOVER DRILL SHIRT	SHOULDER		45	47	49	51	53	55	57		+/-1.5
	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			XS	S	M	L	XL	2XL	3XL		TOL
DRILL OVERSHIRT	SHOULDER		45	47	49	51	53	55	57		+/-1.5
	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			XS	S	M	L	XL	2XL	3XL	4XL	5XL	TOL
MEN'S LONG SLEEVED PLAIN RUGBY SHIRT	SHOULDER		42	46	50	55	60	62.5	65	67.5	70	+/-1.5
	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 (INCLUDING CUFF)		53.5	56	58.5	61	63.5	66	68.5	71	73.5	+/-1.5

FR101			XS	S	M	L	XL	2XL	3XL	4XL	TOL
LADIES' LONG SLEEVED PLAIN RUGBY SHIRT	SHOULDER		34	36.5	39	41.5	44	46.5	49	51.5	+/-1.5
	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 (INCLUDING CUFF)		61.5	62	63	63.5	64	64	64.5	64.5	+/-2

FR104			XS	S	M	L	XL	2XL	3XL		TOL
MEN'S PREMIUM SUPERFIT RUGBY SHIRT	SHOULDER		40	42	44	46	48	50	52		+/-1.5
	CHEST		47	50	54	57	60	63	66		+/-1.5
	LENGTH		70	72	73.5	75	76.5	78	79.5		+/-2
	SLEEVE LENGTH (INCLUDING CUFF)		63	65.5	67	68	69	70	71		+/-2

FR109			S	M	L	XL					TOL
KIDS' LONG SLEEVED PLAIN RUGBY SHIRT	AGE		5-6	7-8	9-10	11-13					
	SHOULDER		35	39	43	45					+/-1.5
	CHEST		34	36	40	44					+/-1.5
	LENGTH		49	59	62	65					+/-1.5
	SLEEVE LENGTH (INCLUDING CUFF)		42	48	49	50					+/-1.5

FR134			XS	S	M	L	XL	2XL			TOL
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			XS	S	M	L	XL	2XL			TOL
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			XS	S	M	L	XL	2XL				TOL
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			S	M	L	XL	2XL				TOL
MEN'S CONTRAST PIQUE POLO SHIRT	SHOULDER		41	45	49	53	57				+/-1.5
	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			XS	S	M	L	XL	2XL				TOL
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

FR605			XXS/28	XS/30	S/32	M/34	L/36	XL/38	XXL/40"			TOL
MEN'S STRETCH CHINO SHORTS	WAIST		36.5	39	42	44.5	47	49.5	52			+/-1.5
	THIGH		29	30	31	32	33	34	35			+/-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			XS/8	S/10	M/12	L/14	XL/16	XXL/18				TOL
LADIES' STRETCH CHINO SHORTS	WAIST		37.5	40	42.5	45	47.5	50				+/-1.5
	THIGH		29.5	30.5	31.5	32.5	33.5	34.5				+/-1.5
	HEM		24	24.5	25	26	27	27.5				+/-1.5
	INSIDE LEG		22	22	22	23	23	23				+/-1.5

FR621			XXS/28	XS/30	S/32	M/34	L/36	XL/38	XXL/40"			TOL
MEN'S STRETCH CHINOS	WAIST		36.5	39	42	44.5	47	49.5	52			+/-1.5
	THIGH		29	30	31	32	33	34	35			+/-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			XS/8	S/10	M/12	L/14	XL/16	XXL/18				TOL
LADIES' STRETCH CHINOS	WAIST		37.5	40	42.5	45	47.5	50				+/-1.5
	THIGH		29.5	30.5	31.5	32.5	33.5	34.5				+/-1.5
	HEM		15.5	16	16.5	17	17.5	18.5				+/-1.0
	INSIDE LEG		32"	32"	32"	32"	32"	32"				+/-2

FR854			XS	S	M	L	XL	2XL				TOL
ZIP THROUGH SHERPA FLEECE WITH CONTRAST PANELLING	SHOULDER		49	51	53	55	57	59				+/-1.5
	CHEST		51	54	57	60	63	66				+/-2
	LENGTH		67	69	71	73	75	77				+/-2
	SLEEVE		65	66	67	68	69	70				+/-2

FR855			XS	S	M	L	XL	2XL				TOL
ZIP THROUGH SHERPA GILET WITH CONTRAST PANELLING	SHOULDER		42	44	46	48	50	52				+/-1.5
	CHEST		51	54	57	60	63	66				+/-2
	LENGTH		67	69	71	73	75	77				+/-2
	ARMHOLE		25	26	27	28	29	30				+/-2

FR905			XS	S	M	L	XL	2XL				TOL
PULLOVER 1/2 ZIP JACKET	SHOULDER		43.5	45.5	47.5	49.5	51.5	53.5				+/-1.5
	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