

Benchmark Sizing

Benchmark Male Size Chart

Waist inches	28	30	32	34	36	38	40	42	44	46	48	50	52
Waist cm	73	78	83	88	93	98	103	108	113	118	123	128	133
Hip (20cm from under W/B)	97	102	107	112	117	122	127	132	137	142	147	152	157

Male trouser Inside leg lengths:- Short (29" leg), Regular (31" leg), Tall (33" leg)

Benchmark Female Size Chart

Size	6*	8	10	12	14	16	18	20	22	24	26	28	30
Waist relaxed (cm)	51	56	61	66	71	76	81	86	91	96	101	106	111
Waist extended (cm)	78	83	88	93	98	103	108	113	118	123	128	133	138
Hip (20cm from under W/B)	96	101	106	111	116	121	126	131	136	141	146	151	156

Ladies trousers lengths:- XShort (27" leg), Short (29" leg), Regular (31" leg) and Tall (33" leg).

*Available in black and navy only.

Measuring Guide...

Waist

Measure under the natural waistline, should be the narrowest part. Ensure the tape is level, don't let it dip. Hold the tape loosely, don't pull it tight, make sure you can move the measuring tape from side to side with ease.

Hip

Standing with feet together, measure around the fullest part of the hips. Ensure the tape is level, don't let it dip. Hold the tape loosely, don't pull it tight, make sure you can move the measuring tape from side to side with ease.

Inside Leg

Measure along the inside of the leg. From just below the crotch to 1" below the ankle. Ensure the tape is straight not bent.