

Please fill in all aspects of information form

Date: _____

Name: _____ DOB: _____

Address: _____

Phone (home): _____ Mobile: _____ Fax: _____

E-mail: _____

Date of Birth ____ / ____ / ____ Gender Male Female

Available Courses

Team R (Romeo)
25th January – 01st April 2011

Team S (Sierra)
22nd March – 9th June 2011

Team T (Tango)
28th June – 1st September 2011

Team U
To be confirmed.

MENS SIZE CHART								
		X-SMALL	SMALL	MEDIUM	LARGE	X-LARGE	XX-LARGE	XXX-LARGE
CHEST	INCHES	32-34	34-36	36-38	38-40	40-42	42-44	44-46
	CM	81-86	86-91	91-96	96-101	101-106	106-112	112-117
ARM	INCHES	9	10	11	12	13	14	15
	CM	23	25.5	28	30.5	33	35.5	38
WAIST	INCHES	28-30	30-32	32-34	34-36	36-38	38-40	40-42
	CM	71-76	76-81	81-86	86-91	91-96	96-101	101-106
HIPS	INCHES	28-30	30-32	32-34	34-36	36-38	38-40	40-42
	CM	71-76	76-81	81-86	86-91	91-96	96-101	101-106
LEGS	INCHES	16	17	18	19	20	21	22
	CM	40	43	46	48	51	53.5	56

WOMENS SIZE CHART						
		X-SMALL	SMALL	MEDIUM	LARGE	X-LARGE
BUST	INCHES	30-32	32-34	34-36	36-38	38-40
	CM	76-81	81-86	86-91	91-96	96-101
ARMS	INCHES	9	10	11	12	13
	CM	23	25.5	28	30.5	33
WAIST	INCHES	24-26	26-28	28-30	30-32	32-34
	CM	61-66	66-71	71-76	76-81	81-86
HIPS	INCHES	32-34	34-36	36-38	38-40	40-42
	CM	81-86	86-91	91-96	96-101	101-106

Please tick jersey size

3XS
 2XS
 XS
 S
 M
 L
 XL
 2XL
 3XL
 MEN/WOMEN (PLEASE CIRCLE)

Payment Cost = \$ 420 + GST = \$462 (includes 4 x theory sessions, 16 practical cycling sessions, cycling jersey)

Card Number Cash
 Card Name Debit
 Card Expiry Credit
 Signature

You will be contacted to book for the PIHC fitness Assessment prior to the commencement of the course. For more information contact Ian Wee - Director Sportif ianwee@pihc.com.au or 9240 5266. Please make sure you check your email for updates. Note: no refund policy applies. Return form by email to appointments@pihc.com.au, Fax: 9240 1522 or post PIH Cycling Group, Attention Cycling Co-ordinator, P.O.Box 1574, Applecross 6953. If you cannot read the sizing chart please visit: www.pihc.com.au/cycling and click on jersey sizing chart.

