



Class Tuning Guide

The following includes the rig settings and the title won at each Championship event.

2019 | Jamie Hilton (GBR) | 2019 UK National Championship (1st place)

Helm	Jamie Hilton
Weight	88kgs
Height	182cm (5' 11.5")
Rake (mm)	7240.
Shroud Tension	30
Lower Tension	I vary the lowers between 9 and 14
Spreader Length	385mm long (3 ½ holes showing)
Spreader Deflection (mm)	110mm

2018 | Jon Newman (AUS) | 2018 Worlds Championship (1st place)

Helm	Jon Newman
Weight	85kgs
Height	189cm
Rake (mm)	2155. Referenced 1m up from top of top gooseneck. Which is 7255 I think
Shroud Tension	29
Lower Tension	12
Spreader Length	375mm
Spreader Deflection (mm)	70mm

2018 | Will Phillips (AUS) | 2018 Worlds Championship (2nd place)

Helm	Will Philips
Weight	80kgs
Height	185cm
Rake (mm)	2155. Referenced 1m up from top of top gooseneck. Which is 7255 I think
Shroud Tension	29
Lower Tension	13
Spreader Length	355mm
Spreader Deflection (mm)	75mm

2017 | Bruce Keen (GBR) | 2017 UK National Championships (2nd place) and 2017 Worlds Championship (2nd place)

Helm	Bruce Keen
Weight	87kgs
Height	186cm (6'1")
Rake (mm)	7255mm (referenced by measuring 6110 to top of gnav fitting)
Shroud Tension	29
Lower Tension	12
Spreader Length	395mm (See photos below for 2010)
Spreader Deflection (mm)	100mm (See photos below for 2010)

2016 | Andi Lachenschimid (GER) | 2016 Worlds Championship (1st place)

Helm	Andi Lachenschimid
Weight	86kgs
Height	186cm
Rake (mm)	7300mm

Shroud Tension	30
Lower Tension	18
Spreader Length	395mm
Spreader Deflection (mm)	100mm

2016 | Frithjof Schwerdt (GER) | 2016 German Open (1st place) Kieler Woche 2016 (1st place)

Helm	Frithjof Schwerdt
Weight	80kgs
Height	186cm
Rake (mm)	7290mm
Shroud Tension	30
Lower Tension	19 (3mm lowers)
Spreader Length	Max out (5 holes visible)
Spreader Deflection (mm)	110mm

2014 | Mike Palfreman | 2014 UK National Championships (2nd place)

Helm	Mike Palfreman
Weight	70kgs
Height	179cm (5'10.5")
Rake (mm)	7220mm
Shroud Tension	Shrouds 29
Lower Tension	Lowers 10-12. I tweak the lowers slightly depending on conditions, but would start on 10 and leave it while you get used to the boat. I don't think it is worth going lower as the mast is very stiff low down so it probably wouldn't make much difference anyway.
Spreader Length	385mm
Spreader Deflection (mm)	110mm

2011 | Top 3 places from the 2011 UK National Championships

Position	1 st place	2 nd place	3 rd place
Helm	James McIntosh (GBR)	Bruce Keen (GBR)	Mike Palfreman (GBR)
Weight	83kgs	83kgs	73kgs
Height	181cm (almost 6'0")	186cm (6'1")	179cm (5'10.5")
Rake (mm)	7210mm	7255mm (referenced by measuring 6110 to top of gnaw fitting)	7200mm
Shroud Tension	29	29	29
Lower Tension	12	12	9
Spreader Length *a	395mm	395mm See photos below	390mm **
Spreader Deflection (mm)*b	115mm	100mm See photos below	100mm

*a from the mast (measured from the nearest point of the mast tube at the bracket)

*b from back of the mast track

** : I have started to reduce spreader length (by dropping down to next available hole) once the breeze is above 12-15 knots depending on sea state. For Mounts Bay, I stayed on the 390mm setting throughout because on the windiest day the offshore breeze meant the sea was pretty flat.

2010 | Daniel Hendersen (GBR) | 2011 World Championships (1st place)

Helm	Daniel Hendersen
Weight	74kgs
Height	183cm (6'0")
Rake (mm)	7210mm
Shroud Tension	29
Lower Tension	11
Spreader Length	378mm from the mast (measured from the nearest point of the mast tube at the bracket)
Spreader Deflection (mm)	80mm from back of the mast track

2010 | Bruce Keen (GBR) | 2010 UK National Championships (1st place)

Helm	Bruce Keen
Weight	83kgs
Height	186cm (6'1")
Rake (mm)	7255mm (referenced by measuring 6110 to top of gnav fitting)
Shroud Tension	29
Lower Tension	12
Spreader Length	395mm (See photos below)
Spreader Deflection (mm)	100mm (See photos below)

Bruce's spreader settings are shown below

