



RS700 Settings Table

Helm	Helm Weight	Rack Setting	Rake (cm)	Rig Tension (Loos)	Spreader Width (cm)	Spreader Deflection (cm)	Pre Bend
Theo Galyer	104kg	1	740cm	32	82cm	16cm	No
Jerry Wales (2020)	88kg	2	740cm	27	N/A	N/A	No (Spreaders set to create dead straight mast)
Rob Higgins	81kg	5 (Inc. Inter bars)	735cm	30-32	79cm	18cm	Yes
Matt Carter	98kg	1	744cm	Tbc	85cm	14cm	No
Matt Conner	98kg	1	740cm	30-32	3 rd hole on shroud plates.	11.5cm	No (Slightly inverted if lots of tension)
Stephen Hermanson	70kg	6(Inc. Inter bars)	730cm	30	80cm	17cm	Yes
Pete Purkiss	79kg	6(Inc. Inter bars)	732cm	35 Approx. 300kg	79cm	13.6cm	2.5 – 3 measured with no lowers.
James Clark	88kg	2	735cm	30-32	79cm	18cm	Yes
Roland Smith	100Kg	1	742cm	30	82cm	16cm	No