

Resources and videos to help with RS200 rig settings and techniques

Here is a video on how we make our measurements:

https://www.youtube.com/watch?v=hy8DzmEPWJ0&ab_channel=UKRS200ClassAssociation

Here are 2 videos with some extremely accomplished rs200 sailors talking through their boat setup:

Tom Morris:

https://www.youtube.com/watch?v=G8x9NIZUfgs&ab_channel=UKRS200ClassAssociation and

Aaron Holman

https://www.youtube.com/watch?v=buUs8CQpqb&ab_channel=UKRS200ClassAssociation

Here is a little rundown of some peoples rig settings and their top performances

Name	Crew Weight (stone or kg)	Position at Nationals	Mast foot position	Mast Rake			Spreaders		Rig Tension		
				High	Medium	Low	Deflection (mm)	Length (mm)	Medium	Strong	Light
George Yeoman	145	5	One hole forward	219	219	219	135	385	29	29	29
David Jessop	125	9	Zero	216	218	219	135	390	26	28	24
Edd Whitehead	135	11	One hole forward	21'10	21'10	21'10	155	395	30	30	30
Claudia Wilson	120	30	One hole forward	217.5	217.5	217.5	130	395	27.5	28	26
Will Taylor & Caitlin Jones	120	42	One hole forward	216	216	216	130	390	28	30	26
Jonny Olin	147	63	Zero	219	219	219	?	?	27	28	27
Jack Vincent & Kim May-Papaliou	125	79	Zero	21'10.5	21'10.5	21'10.5	135	390	28	29	27
Isabel Abbott	120	95	One hole forward	217	21' 8	218	135	395	28	28	26
Gary McLennan	150	1st Australian	One hole forward	215.5	217	217	140	400	21	21	21
Ian Martin	130	2014 - 1st, 2013 - 2nd.	One hole forward	218	218	218	135	395	29	29	29
Tim Saxton	135	28th 2016 8th 2015	Zero	218	218.5	219	?	?	28	28	28
Marty O'Leary	122	2nd Irish Nats	Zero	23'	22'11.8	20'	?	?	28	28	28
Rob Gullan	142	4th in 2014 mounts bay	One hole forward	218.5	219.5	219.5	140	Longest they go	35	40	15
Dave Pointer	140	Didn't compete	One hole forward	218	218	218	147	395	28	28	28
Jon Ward	137	Didn't Compete	One hole forward	218.5	218.5	218.5	135	383	28	28	26
Rob Milligan	76	N/A	One hole forward	217	218	218	128	400	27	28	24
Jake Miller	133	N/A	One hole forward	219	219	219	135	390	26	26.5	26
chris	141	N/a (new, ex 400)	Zero	down 1 pin o	219"	p 1 pin o	135mm	max	28	30	16
Fred Fuller	104		One hole forward	216	218	218	140	380	28	28	28
Ethan	120		Zero	216	217	219	?	?	28	28	28