		Actual Stud Dims	Frame Assembly	Finished Wall Thickness	Plasterboarding Option				
					On Pocket	On Rest of Wall		Jamb Kit Needed	Notes
TIMBER STUD	C16 or C24 Softwood Construction Timber 3"x2" / 75x50mm	70 x 47mm	70mm	95mm	One 12.5mm layer each side	One 12.5mm layer each side	1	95mm	BEST FIT - Slimmer finished wall thickness
	CLS 3"x2" / 75x50mm	63 x 38 mm	70mm	95mm	-	One 6mm layer on stud work on one side. Followed by 12.5mm board each side.	2	95mm	BEST FIT - Slimmer finished wall thickness
		63 x 38 mm	70mm	115mm	One12.5mm layer each side followed by 9mm layer each side.	One 6mm layer on stud work on one side. Followed by 12.5mm board each side then 9mm board each side.	3	115mm	DOUBLE BOARDING OPTION
		63 x 38 mm	75mm	100mm	One 12.5mm layer each side	One 12.5mm plasterboard layer or one 12mm plywood on stud work on one side. Followed by 12.5mm board each side.	4	100mm	Good option if you only have access to 12.5mm plasterboard
	Construction Timber 4"x2" / 100x50mm	95 x 47mm	100mm	125mm	One 12.5mm layer each side	One 15mm layer each side	5	125mm	
		95 x 47mm	100mm	125mm	One 12.5mm layer each side	One 6mm layer on stud work on one side. Followed by 12.5mm board each side.	6	125mm	
	CLS 4"x2" / 100x50mm	89 x 38mm	90mm	115mm	One 12.5mm layer each side	One 12.5mm layer each side	7	115mm	BEST FIT - Slimmer finished wall thickness
			90mm	140mm	Two 12.5mm layers each side	Two 12.5mm layers each side	8	140mm	DOUBLE BOARDING OPTION
METAL STUD	Metal Stud	70mm	70mm	95mm	One 12.5mm layer each side	One 12.5mm layer each side	9	95mm	BEST FIT - Slimmer finished wall thickness
		92mm	90mm	115mm	One 12.5mm layer each side	One 12.5mm layer each side	10	115mm	BEST FIT - Slimmer finished wall thickness