

2026 summary camera settings

- **Camera settings in summary - 2026**
- 1/1000 sec or faster
- F4 is our standard aperture to use unless specified otherwise (4.5-5.6 is large crowds/starts)
- Fixed white balance (usually cloudy work best on canon in UK)
- File size - 10-12 megapixels at 'fine' or 8 out of 10 jpeg quality (M2 on Canon 1Dx)
- Metering – Average Center weighted metering mode ("hollow square" on Canon)
- Auto ISO is easiest – accuracy ok on Canon 1Dx and upwards
- IF Manual ISO – keep low i.e. don't shoot fast with fast ISO – ie at 1/8000sec with an unnecessarily high ISO. If manual ISO – then fix aperture priority at F4 and manage ISO to get fast shutter speed
- Monopod always needed and substantially helps with image quality and consistency of horizon
- Focus - AI servo / continuous focus. Focus point over bib number is ideal (not heads) .
- Focus point – set to the centre – target the waist. Subject evenly top and bottom. Do not use camera auto-point-select – it will not pick the runner for the photo !
- Subject – at least 2/3rds of Frame Height (portrait or landscape). Feet and head, even gap top and bottom
- Frame rate - around 8-10fps gives the opportunity to shoot 2 burst of 2-3 images of each participant in good time and move to the next
- RGB, not Adobe
- Neutral image settings, up saturation a little if backlit
- Camera height – at subject waist level – sat on chair/stool, or kneeling, not stood up looking down.