interesting you should mention those two games - crysis and supreme commander, they were both used in benchmark tests that mirror exactly what Gozy is saying, the Quad core processor stomped all over the Dual in rendering and encoding - neither of which will be any use to me. On both games though the 3.16 dual came well above the 2.4 quad. Link here: http://www.techarp.com/showarticle.aspx?artno=499&pgno=5

Was just interested to see if people had other ideas or experiences but seems that the dual core will be better value

EDIT:(looking at the E8500 & the Q6600 btw)

These are the specs of the machine im looking at from cyberpower - this is with a 550W PSU (enough u think?), 64bit vista, G15 Keyboard, Headset and Liquid CPU cooling - comments appreciated