I am limited in choice on the PSU as I want the complete system to be built by cyberpower and don't want to shell out a fortune on the PSU - this basically limits me to the two listed without spending more than I want to.

Predictably I will be using the PC mainly for gaming - WoW, odd bit of renegade, Fallout 3 shortly (Can't wait!) and no doubt some other stuff in the future. Just finished my degree so probably won't ever even get round to installing office let alone using it, won't ever be encoding & rendering. Conclusion Dual core is win - thats decided xD

I will be getting the machine overclocked by CyberPower as I'm not confident enough to tweak it myself without fear of damaging something or pushing it too far. They claim the standard overclock offers 10-20% increase but how this will actually relate to the different components I'm not sure - didn't even realise until now that you can overclock RAM.

Roll on payday and my new dream machine xD