Construction of the fixed height support is straight-forward, and should take approximately half an hour. If you find it difficult to bend 1/2 in plate, using Ferrocraft 21 welding electrodes, weld on two lugs cut from similar plate or bar stock. The adjustable support will take longer to make. The main side stays and the four small ones running to the corners beneath the top plate can be economically cut with minimum wastage from a 940mm (37 in) length of 51mm x 6mm (2 x 1/4 in) flat. Convenient tube sizes for the outer and inner tubes would have OD’s of not less than 51mm and 38mm (2 and 11/2 in) respectively, and a wall thickness approaching 6mm (1/4 in). Drill both pieces at convenient spacings before assembly.