

ON TEST:

Interfit Pro-Flash One Eighty

The ability to work with off-camera flash is a must for professional photographers these days and units like the new Interfit Pro-Flash One Eighty offer power, user-friendly features and the benefit of a supporting system

WORDS WILL CHEUNG

SPECIFICATIONS

PRICE

Pro-Flash One Eighty kit £350, head only £285; optional Pro-Flash power pack with battery £125, USB Radio Trigger set £40, beauty dish with honeycomb grid £50

WHAT'S IN THE BOX

Head, flash tube, standard reflector, power pack, charger, soft bag, pack to flash lead

GUIDE NUMBER

60 (ISO 100/metres)

MAXIMUM POWER

180 watt/seconds

COVERAGE REFLECTOR

To suit a 28mm lens with the standard

POWER SUPPLY

Pro-Flash battery pack

RECYCLING TIME

0.05sec-2.6secs

FLASH DURATION

1/800-1/10,000sec

OUTPUT CONTROL

Full power to 1/128th power in 1/3EV steps

FEATURES

Focus assist beam

FLASH MODES

Manual, two slave modes, high-speed sync triggering, stroboscopic flash

OUTPUT COLOUR

TEMPERATURE
5600K ±200K over entire power range, overheat protection function, audible recharge beep

WEIGHT

2.04kg (complete kit)

Off-camera flash photography used to be comparatively rare, but that has changed completely with the immediacy of digital capture. Also, as the creative world seeks

more and more imaginative ways to use flash, so the makers have strived for new and innovative methods to deliver light.

The Interfit Pro-Flash is a battery-operated unit fitted with a hotshoe and it is manual control only. With the hotshoe fitting it is possible to fit it on the camera



ABOVE The optional Trigger set costs £40, but doesn't work with high-speed sync mode.

although given its bulk it better suits mounting on a lighting stand.

The gun is powered by a separate lithium battery pack which gives an enormous capacity, with up to 900 flashes in full power and obviously a great many more at the lower output settings. With fractional outputs down to 1/128th, this could mean you shooting thousands of shots before you need to recharge. Usefully, optional leads allow Canon or Nikon speedlights to be powered by this battery pack.

Out of the box, the first thing you have to do is insert the flash tube/protective glass cover assembly into the head. Now you have a bare bulb flash which you can modify. The supplied reflector locks into position.

The basic reflector has a shiny dimpled finish for maximum light efficiency – for example, when you're using the flash bounced into a broly or off the ceiling. However, you may prefer to diffuse output and you can do this with the supplied translucent piece of plastic.

The One Eighty system offers other modifiers including a 45cm octa/softbox that is quick to set up and comes with an optional cloth honeycomb grid. There's also a 30cm beauty dish, with its own cloth honeycomb grid too.

Triggering the Pro-Flash can be done via its hotshoe, with a sync cable, with a suitable trigger/receiver or using the optional Pro-Flash Trigger set which costs £40. The trigger set has a receiver that plugs into the flashgun's USB socket and then the transmitter is used to fire the flash and to wirelessly adjust power output.

One feature lacking in the Pro Trigger set is the ability to use the One Eighty in its high-speed sync mode. Use PocketWizards, however, and that feature is available.



ABOVE The supplied basic reflector has a shiny dimpled finish, but other optional modifiers come with honeycomb grids.



ABOVE The One Eighty offers plenty of power, which is controllable from full power down to 1/128th in 1/3EV steps.



“With fractional outputs down to 1/128th, this could mean you shooting thousands of shots before you need to recharge”



In terms of output, I used a Gossen DigiSky to measure output from a One Eighty with its basic reflector without a diffuser. At two metres, full power gave f/16 at ISO 100. Adding the softbox, the same setting and distance produced f/8; easily enough for portrait shoots.

Verdict

There's much to like about the Interfit Pro-Flash One Eighty. It puts plenty of power at your disposal, offers fast recycling even when used at full power and the lithium battery provides tremendous capacity. It also has a handy system of modifiers and, with the appropriate trigger, there's even the option of high-speed flash sync.

The complete kit costs £350 and for that you get the flash, battery and the basic reflector. While that amount of cash can buy you a decent speedlight with plenty of automation and dedication, the One Eighty lets you take full control and that is very much a good thing, so this unit is highly recommended. **PP**

MORE INFORMATION

www.interfitphotographic.com



With the reflector, at two metres, full power gave f/16 at ISO 100.

PHOTO RATING

FEATURES.....8/10
PERFORMANCE.....9/10
HANDLING.....8/10
VALUE FOR MONEY.....8.5/10

Overall Rating

8.5