my settings:

light wind:

launch: 0°flap elevator slightly down(start neutral and trim down while throwing)

preset switch: 1mm up elevator

cruise: 2mm down ailerons

thermal 4-6mm down (cg at 64=6mm, cg at 68=4mm)

hard wind:

preset: less up(trim according wind speed to get desired climb angle)

launch: the same

cruise: 0.5mm down ailerons

thermal: not used, (you can try 2mm down ailerons)

in windy conditions i try to fly fast enough and don't add much camber.

CG at 250-300gram @61mm

CG at 300-350gram @64mm

CG at 350-400gram @65mm

I use snapflap in both ways (ailerons move 2mm up when elevator is full down, they move 2mm down when elevator full up)

I use all available travel, no expo, no differential.

I suggest to find you own optimum, this is just how I fly it!