



HEIA RUNDGENSER

ABOUT THE PATTERN

The Heia Rundgenser is a simple sweater with a round yoke and straight, wide sleeves. The edges feature a wide rib (knit 7, purl 1) finished with a small rolled edge. It is worked in the round, from the top down. First, the neckband is worked in ribbing. Next, the yoke is worked in stockinette stitch (knit every stitch) with increases worked on selected rounds until the yoke reaches the correct circumference. The work is then divided, and the stitches for the sleeves are placed on separate threads or stitch holders. New stitches are cast on under the sleeves, and the body is worked in the round, finishing with the same ribbed edge as the neckband. Finally, the sleeve stitches are transferred back on the needles and each sleeve is worked in the round individually and finished with the same ribbed edge.

The Heia series is a collection of patterns designed with the complete beginner in mind. The garment is simple to make, and no abbreviations are used in the instructions. All techniques are described in detail, and useful tips are provided throughout. For more information, see www.raumagarn.no.

CONSTRUCTION

Worked in the round
Top-down
Round yoke

DIFFICULTY LEVEL 2 of 5

Techniques used in the pattern:

Cast on
Knit stitch
Purl stitch
Right-leaning increase
Backwards loop cast-on
Picking up stitches
Bind off

SIZES

XS (S) M (L) XL (XXL) 3XL

MEASUREMENTS

Circumference: 102 (107) 116 (124) 133 (142) 156 cm
[40.25 (42) 45.75 (48.75) 52.5 (56) 61.5 inches]

Total length: 48 (50) 52 (54) 56 (58) 60 cm [18.75 (19.75)
20.5 (21.25) 22 (22.75) 23.5 inches]

Sleeve length: 44 (43) 43 (42) 41 (40) 39 cm [17.25 (17)
17 (16.5) 16.25 (15.75) 15.25 inches]

POSITIVE EASE

+ 18–22 cm [7–8 inches]

YARN

Rauma Fivel

YARN QUANTITY

450 (500) 550 (600) 650 (700) 750 g

COLORS

Option 1: 4078 Light beige heather

Option 2: 24 Dark green

Option 3: 09 Navy blue

Option 4: 400 Dark grey heather

Option 5: 06 Burgundy

ALTERNATIVE YARN

Rauma Lamull + Rauma Alpukka Lin
(worked with two strands held together)

If you substitute a different yarn, the finished garment may look slightly different, and you may need more or less yarn.

SUGGESTED NEEDLES

80 cm [32 inches] circular needles, size 4.5 [US 7]

80 cm [32 inches] circular needles, size 3.5 [US 4]

40 cm [16 inches] circular needles, size 4.5 [US 7]

40 cm [16 inches] circular needles, size 3.5 [US 4]

TOOLS & ACCESSORIES

Tapestry needle
Measuring tape
1 stitch marker

GAUGE

10 cm [4 inches] = 18 stitches in width in stockinette stitch
using larger needles.

GLOSSARY

Body = The body is the part of the sweater that forms a cylinder around the torso.

Circumference = The measurement around the body of the garment, taken just below the sleeves.

Total length = Measured at the centre back, from just under the neckband down to the bottom edge of the body.

Sleeve length = Measured from the point under the arm where the sleeve and body separate, down to the sleeve edge.

Round = All stitches on the needle when knitting in the round.

Right side = The side of the garment that faces outwards when worn.

The work = Everything you have knitted so far, unless otherwise specified. Measured from the cast-on edge to the stitches currently on the needle.

Working yarn = The yarn you are currently working with.

Right-leaning increase = Insert the left needle from back to front under the strand between two stitches. Knit it as a regular knit stitch.

Backwards loop cast on = Using the working yarn, make a loop (like a cursive “e”) with the loose end behind. Insert the right-hand needle through the loop from behind and tighten gently.

Pick up stitches = Creating new stitches by knitting through existing stitches in the work. See instructions in the pattern.

Bind off = Begin by knitting one stitch. Then repeat: *knit 1 stitch, pass the first stitch over the second*. Repeat from * to * until all stitches have been bound off.

READING THE PATTERN

At first glance, a pattern may seem overwhelming, but this is usually because everything is explained in extra detail. Read a few sections ahead out loud to yourself, and take it one step at a time. If your stitch count does not match the numbers in the pattern exactly, it usually isn't a problem. You can adjust by increasing or decreasing a few stitches evenly across the work as needed.

ABOUT SIZES

Measure the bust (the widest part of the upper torso under the arms) and add the recommended ease. Choose the size with a bust measurement closest to this number. Sizes are shown in parentheses to make it easier to follow the numbers for your

chosen size, like this: XS (S) M (L) XL (XXL) 3XL. If the instructions say: “Cast on 116 (120) 128 (134) 142 (152) 162 stitches” and you are making size M, cast on 128 stitches.

ABOUT GAUGE & SWATCH

The pattern measurements are only accurate if your gauge matches. Cast on 22 stitches on size 4.5 [US 7] needles and knit in garter stitch about 10 cm [4 inches] high. Wash the swatch as you intend to wash the finished garment and let it dry flat. Measure how many stitches fit in 10 cm [4 inches] across. Needle size is a recommendation: if you have more stitches than the gauge specifies, use larger needles; if fewer stitches, use smaller needles.

PATTERN

NECK EDGE

Cast on 88 (96) 96 (96) 104 (104) 112 stitches on 40 cm [16 inches] circular needles size 3.5 mm [US 4]. Place a marker before the first stitch to indicate the beginning of the round. This will be the centre back of the sweater. The marker is simply moved from the left needle to the right needle each time you reach it.

TIP: Be careful not to cast on too tightly, and leave a little space between the stitches on the needle.

Work in the round (this means begin to knit the very first stitch you cast on) for 4 rounds in stockinette stitch (knit only). Then continue in rib (knit 7, purl 1) for 10 cm [4 inches].

YOKE

Now the yoke (the upper part of the sweater) will be worked in stockinette stitch (knit only), and stitches will be increased on 4 selected rounds, evenly distributed down the yoke. On each increase round, increase 44 (48) 48 (48) 52 (52) 56 stitches. Work as follows:

Switch to 40 cm [16 inches] circular needles size 4.5 mm [US7] and knit 1 round. On the next round, increase as follows (remember to finish the round with an increase):

1st increase round: *Knit 2, make 1 right-leaning increase*. Repeat what is written between * and * to the end of the round. There should now be 132 (144) 144 (144) 156 (156) 168 stitches on your needles.

Knit 5 (5,5) 5,5 (6) 6 (6) 6,5 cm [2 (2.25) 2.25 (2.25) 2.25 (2.25) 2.5 inches] in stockinette stitch. On the next round, increase as follows:

2nd increase round: *Knit 3, make 1 right-leaning increase*. Repeat what is written between * and * to the end of the round. There should now be 176 (192) 192 (192) 208 (208) 224 stitches on your needles.

Knit 6 (6,5) 6,5 (7) 7 (7) 7,5 cm [2.25 (2.5) 2.5 (2.75) 2.75 (2.75) 3 inches] in stockinette stitch. On the next round, increase as follows:

3rd increase round: *Knit 4, make 1 right-leaning increase*.

Repeat what is written between * and * to the end of the round. There should now be 220 (240) 240 (240) 260 (260) 280 stitches on your needles.

Work 7 (7,5) 7,5 (8) 8 (8) 8,5 cm [2.75 (3) 3 (3.25) 3.25 (3.25) 3.5 inches] in stockinette stitch. On the next round, increase as follows:

4th increase round: *Knit 5, make 1 right-leaning increase*. Repeat what is written between * and * to the end of the round. There should now be 264 (288) 288 (288) 312 (312) 336 stitches on your needles.

Change to longer circular needles as the number of stitches increases and it becomes too tight on the shorter ones. Continue in stockinette stitch until the work measures 22 (22.5) 23 (24) 24.5 (25) 26 cm [8.75 (8.75) 9 (9.5) 9.75 (9.75) 10.25 inches] from and including the first increase round to the stitches on the needle.

DIVIDE THE WORK

The yoke is now finished, and the work will be divided into sleeves and body. The sleeve stitches will be placed on separate strands of yarn, while the front and back are joined and worked further in the round. Work as follows:

From the beginning of the round, knit 42 (44) 44 (46) 49 (51) 55 stitches (= half of the back).

Thread a tapestry needle with a strand of scrap yarn and slip the next

48 (56) 56 (52) 58 (54) 58 stitches on the strand (= right sleeve).

Cast on 8 (8) 16 (20) 22 (26) 30 stitches on the right needles using the backwards loop technique (= under the sleeve).

Knit 84 (88) 88 (92) 98 (102) 110 stitches (= front).

Slip the next 48 (56) 56 (52) 58 (54) 58 stitches onto a strand (= left sleeve).

Cast on 8 (8) 16 (20) 22 (26) 30 stitches on the right needles using the backwards loop technique (= under the sleeve).

Knit 42 (44) 44 (46) 49 (51) 55 stitches to the beginning of the round (= second half of the back).

There should now be 184 (192) 208 (224) 240 (256) 280 stitches on your needles (= body).

TIP: Take care not to twist the stitches when placing them on the strand. Keep the needle tip and yarn needle straight towards each other all the time. You can cut the strand and secure it by tying the ends together once the stitches from one sleeve are transferred.

BODY

Now, continue working the body in the round. Work in stockinette stitch until the work, measured at the center back from under the neckband, measures 38 (40) 42 (44) 46 (48) 50 cm. Switch to 80 cm [32 inches] circular needles size 3.5 mm [US 4] and work 9 cm [3.5] in rib (knit 7, purl 1). Knit 4 rounds in stockinette stitch. Bind off.

SLEEVES

Now, place the sleeve stitches from one sleeve onto 40 cm [16 inches] circular needles size 4.5 mm [US 7]. Be careful not to twist the stitches when transferring them. Now, pick up 10 (10) 18 (22) 24 (28) 32 stitches (one stitch in each of the stitches that were cast on under the sleeve, plus one extra stitch at each side of these).

Begin by picking up a stitch in the transition between the stitches on the needle and the stitches that were cast on under the arm, as follows:

Take a new strand of yarn from the ball. Insert the right needle into the middle of the stitch, wrap the working yarn around the needle, and pull the needle and yarn back through the stitch. Continue towards the left until all the cast-on stitches have been picked up, and finally pick up one extra stitch at the transition on the other side. Do not pick up in the edge stitch itself, but one row inside it.

There should now be 58 (66) 74 (74) 82 (82) 90 stitches on your needles. Place a marker at the center under the sleeve (with 5 (5) 9 (9) 11 (11) 12 (14) 16 of the new stitches on each side of the marker). Now the first and last of the picked-up stitches should be knitted together with the adjacent stitch as follows:

Knit until there are 5 (5) 9 (11) 12 (14) 16 stitches left before the marker. Knit 2 stitches together. Knit to the marker, slip it to the right needle, knit 3 (3) 7 (9) 10 (12) 14 stitches, then knit 2 stitches together. There should now be 56 (64) 72 (72) 80 (80) 88 stitches on the needle. Knit to the marker. From now on this is the start of the round. Continue to knit in the round in stocking stitch until the sleeve measures 33 (32) 32 (31) 30 (29) 28 cm from the seam under the sleeve to the stitches on the needle.

Switch to a 40 cm long circular needle size 3.5 mm and knit rib (knit 7, purl 1) for 9 cm. Then knit 4 rounds of stockinette stitch. Cast off. Knit another sleeve in the same way.

FINISHING

Fasten all threads on the wrong side. Soak the sweater thoroughly in lukewarm water and gently squeeze out the water without twisting or stretching the garment (you can also choose to wash it in the machine on a 30°C wool cycle with wool detergent). Lay the sweater flat on a towel, roll it up, and press out the remaining excess water. Shape the sweater to the correct measurements and leave it to dry flat. The stitches will even out and the wool will soften after washing, so don't skip this step!

TIP: If you would like the sweater to be slightly longer in the back than in the front, you can gently stretch the back section in length while it is damp and let it dry that way. If the rib edges have pulled in too much, they can be stretched in width before drying to give the sweater a straighter shape.

TIP: The edges are meant to curl outward. If you prefer less curling, you can carefully press them down with a steam iron.



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