

EETC Critical Swim Speed Results

Pool Basildon Date 08/01/2015 Pool Length 25m

Position	Name	400m time (min:sec)	200m time (min:sec)	CSS time (sec/25m)	
1	Sinead Clark	05:39	02:47	00:21.5	Lane 3 - below 25.6s / 25m
2	Abby Brown	06:07	03:00	00:23.4	
3	Patrick Hannah	06:05	02:58	00:23.4	
4	Zena Shean	06:14	03:07	00:23.4	
5	Tom Muers	06:11	03:02	00:23.6	
6	Nick Wetheridge	06:27	03:13	00:24.3	
7	Mike Leer	06:17	03:03	00:24.3	
8	Mark Miller	06:15	03:00	00:24.4	
9	David Nicel	06:30	03:15	00:24.4	
10	Rob Marsh	06:16	02:59	00:24.6	
11	Harrison Smith	06:08	02:50	00:24.8	
12	Matt Kane*	06:40	03:21	00:24.9	
13	Christian Ward	06:32	03:13	00:24.9	
14	Dennis Dudley	06:17	02:54	00:25.4	
15	Alan Clark	06:31	03:06	00:25.6	Lane 2 - 28.5s to 25.6s/25m
16	Hannah Kane	06:50	03:25	00:25.6	
17	Jennie Page	06:52	03:23	00:26.1	
18	Gary Rowley	06:41	03:11	00:26.3	
19	Ray Brook	06:46	03:13	00:26.6	
20	Dan Copp	06:38	03:04	00:26.8	
21	Phil Grenock*	07:33	03:57	00:27.0	
22	Bill Smith	06:48	03:10	00:27.2	
23	Karl Suckling	07:00	03:22	00:27.2	
24	Janice Brown*	07:19	03:40	00:27.4	
25	Chas Baynes	07:05	03:24	00:27.6	
26	Katie Roberts*	07:31	03:48	00:27.9	
27	Ben Brooks	07:00	03:14	00:28.2	
28	Justin Polley	07:33	03:45	00:28.5	
29	Mike Stagg	07:26	03:33	00:29.1	
30	Steven Hurley	07:36	03:40	00:29.5	Lane 1- Above 29.5s / 25m
31	Ricky Grimwood	08:00	03:58	00:30.3	
32	James Kane	07:52	03:47	00:30.6	
33	Michelle Sparks	07:57	03:49	00:31.0	
34	Simone Collins	08:09	04:00	00:31.1	
35	Sonia Martin	08:10	04:00	00:31.2	
36	Louise Grimwood	08:03	03:50	00:31.6	
37	Nick Reed	08:18	04:04	00:31.7	
38	Peter Harley	08:10	03:55	00:31.9	
39	Sarah Kemp	08:10	03:45	00:33.1	
40	Kirstie Lynch*	09:30	04:52	00:34.8	
41	Louise Burn	09:14	04:35	00:34.9	
42	Alex Polley	08:47	03:50	00:37.1	
43	Colin Lambing	10:20	04:45	00:41.9	

* = CSS result not valid if 200m time trial slower than 200m splits in 400 m time trial

$$\text{CSS (m/sec)} = (400-200)/(T400-T200)$$

$$\text{CSS (sec/100m)} = 100/\text{CSS(m/sec)}$$

Pool Runnymede Date 05/01/2015 Pool Length 25m

Position	Name	400m time (min:sec)	200m time (min:sec)	CSS time (sec/25m)	Change from last test (secs)	
1	Sinead Clark	05:41	02:50	00:21.4		Lane 5 & 6 below 27.6 s / 25m
2	Ian George	05:55	02:51	00:23.0		
3	Denis Dudley	06:15	03:01	00:24.3		
4	Abbey Brown	06:10	02:51	00:24.9		
5	Kevin Baldwin	06:24	03:01	00:25.4	-0.7	
6	Kevin Skarott*	07:25	03:53	00:26.5		
7	Zena Shean	07:05	03:30	00:26.9		
8	Gary Rowley	06:56	03:20	00:27.0	+1.5	
9	Mike Blerkhom	07:04	03:28	00:27.0	+0.5	
10	Steve Hurley	07:20	03:42	00:27.2		
11	Phil Blerkhom	07:00	03:19	00:27.6		
12	Andrew Dennet	07:01	03:20	00:27.6		Lane 3 & 4 - 30s to 27.6 s / 25m
13	Morgan Reddish	07:13	03:32	00:27.6		
14	Janice Brown	07:11	03:29	00:27.8	+0.9	
15	Bill Smith	06:46	03:03	00:27.9	-0.3	
16	Matt Kane	07:19	03:36	00:27.9		
17	Matt Merrmagh	07:03	03:19	00:28.0		
18	Jan Burrows	07:13	03:28	00:28.1		
19	Matt Kops	07:31	03:44	00:28.4	+0.2	
20	Alan Clark	06:49	03:01	00:28.5		
21	Neil Dobson	07:31	03:39	00:29.0	-2.7	
22	Gary Brown	07:19	03:19	00:30.0		
23	Laura Mason	07:47	03:44	00:30.4		Lane 1 & 2 - above 30.4s / 25m
24	Chris Milne	07:50	03:46	00:30.5	-0.7	
25	Mark Saunders	07:50	03:42	00:31.0		
26	Tally Hall	08:01	03:51	00:31.2	0.0	
27	Michelle Sparks	07:53	03:43	00:31.2	-0.4	
28	James Roberts	08:05	03:53	00:31.5	-2.9	
29	Sarah Kemp	08:01	03:48	00:31.6		
30	Louise Grimwood	08:12	03:59	00:31.6		
31	Jenny Harley	08:47	04:18	00:33.6		
32	Liam Walsh	09:05	04:24	00:35.1		
33	Joseph Shean	09:50	04:50	00:37.5		

* = CSS result not valid if 200m time trial slower than 200m splits in 400 m time trial

$$\text{CSS (m/sec)} = (400-200)/(T400-T200)$$

$$\text{CSS (sec/100m)} = 100/\text{CSS(m/sec)}$$