

EETC Critical Swim Speed Results

Pool Basildon Date 05/03/2015 Pool Length 50m

Position	Name	400m time (min:sec)	200m time (min:sec)	CSS time (sec/25m)	Change from last test (secs)	
1	Harry Smith	05:15	02:32	00:20.4		Lane 3 - below 25.3s / 25m
2	Sinead Clark	05:23	02:37	00:20.7	-0.8	
3	Harrison Smith	05:50	02:43	00:23.4	-1.4	
4	Zena Shean	06:15	03:02	00:24.1	+0.7	
5	Daniel Harley	06:25	03:12	00:24.1		
6	Abby Brown	06:20	03:06	00:24.3	+0.9	
7	Adam Harley	06:17	03:00	00:24.6		
8	Mike Blerkhom	06:23	03:06	00:24.6		
9	Nick Wetheridge	06:21	03:02	00:24.9	+0.6	
10	Rob Marsh	06:29	03:07	00:25.3	+0.7	
11	Katie Steddeon*	06:54	03:32	00:25.3		
12	Tom Muers	06:27	03:04	00:25.4	+1.8	Lane 2 -28.7s to 25.6s/25m
13	Alan Clark	06:39	03:13	00:25.8	+0.2	
14	Dan Kopp	06:36	03:08	00:26.0	-0.8	
15	Katie Roberts	06:47	03:17	00:26.3	-1.6	
16	Hannah Kane	07:02	03:26	00:27.0	+1.4	
17	Gary Rowley	07:02	03:25	00:27.1	+0.8	
18	Janice Brown	07:10	03:33	00:27.1	-0.3	
19	Bill Smith	06:50	03:12	00:27.2		
20	Josh Bowers	06:53	03:15	00:27.2		
21	Mike Stagg	07:22	03:37	00:28.1	-1.0	
22	Christian Ward	07:02	03:12	00:28.7	+3.8	
23	David Cox	07:28	03:34	00:29.3		Lane 1- Above 29.3s /25m
24	Tally Hall	07:39	03:43	00:29.5		
25	Neil Lovett	07:26	03:26	00:30.0		
26	Chris Payne	07:49	03:47	00:30.3		
27	Peter Harley	07:57	03:54	00:30.4	-1.5	
28	Alex Sinclair	08:00	03:56	00:30.5		
29	Marc Saunders	07:43	03:36	00:30.9		
30	Matt Pickett	07:51	03:42	00:31.1		
31	Louise Burns	09:11	04:27	00:35.5	+0.6	
32	Kalli Isborne	09:50	04:48	00:37.7		
33	Colin Lanham	09:47	04:41	00:38.2		

* = 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 23/02/2015 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	05:15	02:35	00:20.0	-1.4	Lane 5/6 - below 25.3s / 25m
2	Harry Smith	05:15	02:33	00:20.3		
3	Harrison Smith	05:40	02:42	00:22.3		
4	Abbie Brown	05:50	02:50	00:22.5		
5	Ian George	05:50	02:50	00:22.5	-0.5	
6	Andy Lawrence	05:45	02:45	00:22.5		
7	Dan Brand	05:28	02:25	00:22.9		
8	Mark Miller	06:00	02:51	00:23.6		
9	Daniel Howell*	06:32	03:18	00:24.3		
10	Mark Savill	06:14	02:59	00:24.4		
11	Morgan Reddish	06:36	03:16	00:25.0		
12	Kevin Baldwin	06:18	02:56	00:25.3	-0.1	
13	Paul Hart	06:05	02:43	00:25.3		Lane 3 & 4 - 27.6s to 25.3 s / 25m
14	Phil Blerkhom	06:29	03:06	00:25.4	-2.2	
15	Alan Clark	06:28	03:03	00:25.6	-2.9	
16	Kevin Skarott	06:38	03:12	00:25.8		
17	Dan Kopp	06:33	03:06	00:25.9		
18	Bill Smith	06:32	03:04	00:26.0	-1.9	
19	Amber Snooks Anderson#	06:48	03:19	00:26.1		
20	Janice Brown	06:52	03:23	00:26.1	-1.7	
21	Steve Hurley	07:05	03:36	00:26.1	-1.1	
22	Mike Blerkhom	06:40	03:07	00:26.6	-0.4	
23	Gary Brown	06:44	03:04	00:27.5	-2.5	
24	Tally Hall*	07:31	03:50	00:27.6		
25	Chris Milne*	07:46	03:58	00:28.5		Lane 1 & 2 - above 28.5s / 25m
26	Matthew Mernagh	07:10	03:18	00:29.0	+1	
27	Mark Saunders	07:33	03:34	00:29.9	-1.1	
28	James Roberts	07:52	03:51	00:30.1		
29	Michelle Sparks	08:13	04:00	00:31.6	+0.4	
30	Martin Cook#	08:33	04:16	00:32.1		
31	Sarah Kemp	08:19	04:00	00:32.4	+0.8	
32	Liam Walsh	08:24	04:01	00:32.9	-2.2	
33	James Bunn	08:44	04:20	00:33.0		
34	Ana Ockenden#	09:00	04:16	00:35.5		
35	Jan Bird	10:34	05:00	00:41.8		
36	Daljeet	10:25	04:48	00:42.1		
37	Victoria Baldwin	11:50	05:08	00:50.2		

* = CSS result not valid if 200m time trial slower than 200m splits in 400 m time trial
 # = Test completed at Wickford pool on 1/03/2015

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

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