

EETC Critical Swim Speed Results

Pool Basildon **Date** 25/02/2015 **Pool length** 50m

Position	Name	400m time (min:sec)	200m time (min:sec)	CSS time (sec/25m)	
1	Christian Gray	05:00	02:24	00:19.5	Lane 3 - below 25.0s /25m
2	Harry Smith	05:00	02:21	00:19.9	
3	Sinead Clark	05:27	02:35	00:21.5	
4	Abbie Brown	06:13	03:03	00:23.8	
5	Nick Wetheridge	06:15	03:03	00:24.0	
6	David Nicel	06:06	02:54	00:24.0	
7	Dennis Dudley	06:26	03:12	00:24.3	
8	Mick Blerkhom	06:37	03:18	00:24.9	
9	Alan Clark	06:35	03:15	00:25.0	
10	Tora Bishop	06:34	03:12	00:25.3	Lane 2 -25.3s to 30.9s /25m
11	Aaron Patterson	06:51	03:25	00:25.8	
12	Hannah Kane	06:55	03:27	00:26.0	
13	Bill Smith	06:45	03:14	00:26.4	
14	Gary Rowley	07:08	03:34	00:26.8	
15	Dan Copp	06:57	03:20	00:27.1	
16	Jo Retsall	07:42	03:55	00:28.4	
17	Tim Tompkins	08:00	03:55	00:30.6	
18	Chris Milne	08:00	03:53	00:30.9	
19	Alex Sinclair	07:54	03:46	00:31.0	Lane 1 - Above 30.9s/25m
20	Ben Pickett	07:53	03:44	00:31.1	
21	Simone Williams	07:54	03:45	00:31.1	
22	Jack Morris	07:51	03:34	00:32.1	
23	Ruth Hall	08:12	03:55	00:32.1	
24	Luke Boudillon	08:17	03:49	00:33.5	
25	James Kane	08:33	04:02	00:33.9	
26	Victoria Sparrow	08:36	04:01	00:34.4	
27	Holly Mullinder	08:56	04:14	00:35.3	
28	*Teresa Flannigan	10:59	05:46	00:39.1	

* = CSS result not valid if 200m time trial
 slower than 200m splits in 400 m time trial
 $CSS (m/sec) = (400-200)/(T400-T200)$
 $CSS (sec/100m) = 100/CSS(m/sec)$

EETC Critical Swim Speed Results

Pool Runnymede Date 29/02/2016 Pool length 25m

Position	Name	400m time (min:sec)	200m time (min:sec)	CSS time (sec/25m)	
1	Harry Smith	04:58	02:22	00:19.5	Lane 5/6 - below 24.0s / 25m
2	Sinead Clark	05:10	02:32	00:19.7	
3	David Nicel	06:02	02:57	00:23.1	
4	Andy Lawrence	06:00	02:55	00:23.1	
5	Dan Harley	06:00	02:48	00:24.0	
6	Mike Blerkhom	06:18	03:06	00:24.0	
7	Alan Clark	06:20	03:07	00:24.1	Lane 3 & 4 - 28.5s to 24.1 s / 25m
8	Bill Smith	06:35	03:10	00:25.6	
9	Janice Brown	07:14	03:34	00:27.5	
10	Sarah Carter	07:05	03:20	00:28.1	
11	Tally Hall	07:35	03:47	00:28.5	
12	Matt Copps	07:16	03:28	00:28.5	
13	Mark Shepherd	07:07	03:19	00:28.5	Lane 1 & 2 - above 28.5s / 25m
14	Neil Dobson	07:18	03:28	00:28.7	
15	Matt Pickett	07:30	03:36	00:29.3	
16	Jan Burrows	07:23	03:29	00:29.3	
17	Ben Pickett	07:35	03:32	00:30.4	
18	Alex Sinclair	08:01	03:56	00:30.6	
19	Hamish White	08:06	03:59	00:30.9	
20	Jenny Harley	08:52	04:19	00:34.1	

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

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

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