

EETC Critical Swim Speed Results

Pool Basildon Date 30/04/2015 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	05:04	02:28	00:19.5	-0.9	Lane 3 - below 25.3s / 25m
2	Sinead Clarke	05:23	02:43	00:20.0	-0.7	
3	Steve McKay	05:42	02:44	00:22.3		
4	Patrick Hannah	05:55	02:56	00:22.4		
5	Abbie Brown	06:11	03:02	00:23.6	-0.7	
6	Tom Muers	06:16	03:01	00:24.4		
7	Dan Kopp	06:27	03:10	00:24.6	-1.4	
8	Dennis Dudley	06:33	03:15	00:24.8		
9	Nick Wetheridge	06:24	03:04	00:25.0	+0.1	
10	Ben Brooks	06:44	03:22	00:25.3		
11	Ray Brooks	06:30	03:06	00:25.5		Lane 2 -27.9s to 25.5s/25m
12	Toby Dando	06:33	03:06	00:25.9		
13	Phil Blerkhom	06:49	03:21	00:26.0		
14	Josh Bowers	06:34	03:06	00:26.0	-1.2	
15	Rob Kleider	06:57	03:28	00:26.1		
16	Matt Beth*	07:33	03:57	00:27.0		
17	Hannah Kane	07:02	03:22	00:27.5	+0.5	
18	Carl Suckling	06:52	03:12	00:27.5		
19	Sarah Carter	07:09	03:28	00:27.6		
20	Chris Ward	06:51	03:08	00:27.9	-0.8	
21	Chris Payne	07:13	03:26	00:28.4	-1.9	Lane 1- Above 27.9s /25m
22	Gary Rowley	07:17	03:29	00:28.5	+1.4	
23	Bill Smith	06:52	03:03	00:28.6	+1.4	
24	Justin Polley	07:57	03:55	00:30.3		
25	Luke Bourdillon	07:59	03:54	00:30.6		
26	Peter Harley	08:04	03:54	00:31.2		
27	Mike Blerkhom	07:39	03:28	00:31.4	+6.8	
28	James Kane	07:46	03:34	00:31.5		
29	Louise Burns	08:35	04:01	00:34.2	-1.3	
30	Mark Williams	09:58	04:48	00:38.8		

* = 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)

Pool Runnymede Date 27/04/2015 Pool Length 25m

Position	Name	400m time (min:sec)	200m time (min:sec)	CSS time (sec/25m)	Change from last test (secs)	
1	Harry Smith	05:07	02:39	00:18.5	-1.8	Lane 5/6 - below 25.5s / 25m
2	Sinead Clark	05:30	02:39	00:21.4	+1.4	
3	Abbie Brown	05:47	02:55	00:21.5	-1.0	
4	Steve McKay	05:45	02:47	00:22.3		
5	Bill Smith	06:04	03:00	00:23.0	-3.0	
6	Harrison Smith	05:43	02:38	00:23.1	+0.8	
7	David Nicel	06:03	02:58	00:23.1		
8	Paul Hart	06:15	02:59	00:24.5		
9	Morgan Reddish	06:23	03:04	00:24.9	-0.1	
10	Jacqui Watson	06:44	03:20	00:25.5		
11	Janice Brown	06:48	03:23	00:25.6	-0.5	Lane 3 & 4 - 30.6s to 25.6 s / 25m
12	Matt Kopp	06:45	03:18	00:25.9		
13	Josh Bowers	06:46	03:14	00:26.5		
14	Andrew Dennet	06:45	03:13	00:26.5		
15	Sarah Carter	06:48	03:15	00:26.6		
16	Gary Rowley	06:50	03:17	00:26.6		
17	Gary Brown	06:45	03:09	00:27.0	-0.5	
18	Sarah Kemp	07:42	03:54	00:28.5	-3.9	
19	Stephen Smith	07:28	03:39	00:28.6		
20	Laura Mason	07:27	03:37	00:28.7		
21	Neil Dobson	07:52	03:47	00:30.6		
22	Chris Milne	07:51	03:46	00:30.6	+2.1	Lane 1 & 2 - above 30.6s / 25m
23	James Kane	07:43	03:36	00:30.9		
24	Rob Gannon	07:54	03:46	00:31.0		
25	Claire Howard	09:57	05:45	00:31.5		
26	James Roberts	08:26	04:02	00:33.0	+2.9	
27	Liam Walsh	08:20	03:54	00:33.2		
28	Faye Menzies	08:43	04:15	00:33.5		
29	Michelle Sparks	08:31	04:01	00:33.8	+2.2	
30	Jenny Harley	08:26	03:56	00:33.8		
31	Philip Scott	08:37	03:52	00:35.6		
32	Mark Williams	09:04	04:13	00:36.4		

* = 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

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

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