

EETC Critical Swim Speed Results

Pool Basildon Date 10/12/2015 Pool length 25m

| Position | Name | 400m time (min:sec) | 200m time (min:sec) | CSS time (sec/25m) | |
|----------|-------------------|------------------------|------------------------|-----------------------|--------------------------------|
| 1 | Christian Gray | 04:47 | 02:19 | 00:18.5 | Lane 3 -below 25.4s /25m |
| 2 | Harry Smith | 04:59 | 02:19 | 00:20.0 | |
| 3 | Abi Brown | 05:52 | 02:50 | 00:22.8 | |
| 4 | David Nicel | 06:15 | 03:06 | 00:23.6 | |
| 5 | Dave McNally | 06:23 | 03:00 | 00:25.4 | |
| 6 | Carl Sutling | 06:37 | 03:09 | 00:26.0 | Lane 2 -25.5s to 29.6s /25m |
| 7 | Stephanie Simpson | 07:11 | 03:31 | 00:27.5 | |
| 8 | Gary Rowley | 07:10 | 03:29 | 00:27.6 | |
| 9 | Hannah Kane | 07:22 | 03:34 | 00:28.5 | |
| 10 | Troy Simpson | 07:29 | 03:32 | 00:29.6 | |
| 11 | Tim Tomlins | 07:53 | 03:48 | 00:30.6 | Lane 1 - Above 29.6s/25m |
| 12 | Ben Pickett | 07:50 | 03:44 | 00:30.7 | |
| 13 | Ruth Hall | 08:08 | 03:56 | 00:31.5 | |
| 14 | Jack Morris | 08:44 | 03:45 | 00:37.4 | |
| 15 | Tony Weedy | 10:25 | 04:42 | 00:42.9 | |

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

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

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

EETC Critical Swim Speed Results

Pool Basildon Date 03/12/2015 Pool length 50m

| Position | Name | 400m time (min:sec) | 200m time (min:sec) | CSS time (sec/25m) |
|----------|----------------|------------------------|------------------------|-----------------------|
| 1 | Christian Gray | 04:49 | 02:20 | 00:18.6 |
| 2 | Sinead Clark | 05:32 | 02:43 | 00:21.1 |
| 3 | Tom Muers | 06:20 | 03:04 | 00:24.5 |
| 4 | Alan Clark | 06:35 | 03:17 | 00:24.8 |
| 5 | Dave McNally | 06:37 | 03:13 | 00:25.5 |
| 6 | Bill Smith | 06:47 | 03:16 | 00:26.4 |
| 7 | Stephanie | 07:18 | 03:25 | 00:29.1 |
| 8 | Chris Milne | 08:18 | 04:02 | 00:32.0 |
| 9 | Ruth Hall | 08:36 | 04:11 | 00:33.1 |
| 10 | Simone Collins | 08:44 | 04:17 | 00:33.4 |
| 11 | Jack Morris | 09:31 | 04:25 | 00:38.2 |

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

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

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

EETC Critical Swim Speed Results

Pool Runnymede Date 30/11/2015 Pool length 25m

| Position | Name | 400m time (min:sec) | 200m time (min:sec) | CSS time (sec/25m) | |
|----------|-----------------|------------------------|------------------------|-----------------------|---------------------------------------|
| 1 | Harry Smith | 05:01 | 02:25 | 00:19.5 | Lane 5/6 - below 27.0s / 25m |
| 2 | Kevin Baldwin | 06:19 | 03:05 | 00:24.3 | |
| 3 | Adam Harley | 06:30 | 03:15 | 00:24.4 | |
| 4 | Mike Blerkhom | 06:36 | 03:08 | 00:26.0 | |
| 5 | Sarah Carter | 07:04 | 03:30 | 00:26.8 | |
| 6 | Peter Karioskos | 06:43 | 03:07 | 00:27.0 | |
| 7 | Andrew Dennett | 06:46 | 03:08 | 00:27.2 | Lane 3 & 4 - 29.5s to 27.2 s / 25m |
| 8 | Phil Blerkhom | 06:53 | 03:10 | 00:27.9 | |
| 9 | Gary Rowley | 07:21 | 03:28 | 00:29.1 | |
| 10 | Leon Ormes | 07:36 | 03:42 | 00:29.3 | |
| 11 | Chris Milne | 07:40 | 03:46 | 00:29.3 | |
| 12 | Gary Brown | 07:04 | 03:08 | 00:29.5 | |
| 13 | Laura Mason | 07:50 | 03:37 | 00:31.6 | Lane 1 & 2 - above 31.6s / 25m |
| 14 | Peter Harley | 08:10 | 03:56 | 00:31.7 | |
| 15 | Neil Dobson | 07:45 | 03:30 | 00:31.9 | |
| 16 | Alex Sinclair | 08:00 | 03:40 | 00:32.5 | |
| 17 | James Roberts | 08:18 | 03:52 | 00:33.2 | |
| 18 | Jenny Harley | 08:31 | 04:05 | 00:33.2 | |
| 19 | Troy Simpson | 08:21 | 03:51 | 00:33.8 | |

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

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

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