

EETC Critical Swim Speed Results

Pool Basildon Date 06/11/2014
 Pool Length 50m

Position	Name	400m time (min:sec)	200m time (min:sec)	CSS time (sec/25m)	
1	Ian George	05:54	02:52	00:22.8	Lane 3 - below 26s / 25m CSS
2	Toby Tando	06:14	03:02	00:24.0	
3	Nick Wetheridge	06:30	03:10	00:25.0	
4	David Nicel	06:24	03:03	00:25.1	
5	Emily Spray	06:37	03:16	00:25.1	
6	Abby Brown	06:43	03:21	00:25.3	
7	Tom Muers	06:26	03:00	00:25.8	
8	Mike Leer	06:22	02:54	00:26.0	
9	Mike Blerkhom	06:55	03:25	00:26.3	Lane 2 26s to 28s/25m CSS
10	Christian Ward	06:52	03:18	00:26.8	
11	Janice Brown	07:12	03:32	00:27.5	
12	Sarah Carter	07:22	03:40	00:27.8	
13	Hannah Kane	07:13	03:31	00:27.8	
14	Katie Steddon	07:07	03:24	00:27.9	
15	Megan Clark	07:23	03:39	00:28.0	
16	Scott Young	07:24	03:38	00:28.2	
17	Jennie Page	07:27	03:39	00:28.5	Lane 1- Above 28s /25m CSS
18	Charles Baynes	07:41	03:41	00:30.0	
19	Matt Pickett	07:51	03:46	00:30.6	
20	Jackie Watson	08:10	03:59	00:31.4	
21	Peter Harley	08:20	04:07	00:31.6	
22	Michelle Sparks	08:20	04:04	00:32.0	
23	James Kane	08:32	04:13	00:32.4	
24	Ricky Greenwood	08:30	04:07	00:32.9	
25	Sarah Kemp	08:19	03:55	00:33.0	

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

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

EETC Critical Swim Speed Results

Pool Runnymede Date 03/11/2014
 Pool Length 25m

Position	Name	400m time (min:sec)	200m time (min:sec)	CSS time (sec/25m)	
1	Harrison Smith	05:51	02:48	00:22.9	Lane 5 & 6 below 26s / 25m CSS
2	Andy Lawrence	06:14	03:02	00:24.0	
3	Adam Harley	06:21	03:06	00:24.4	
4	Abbey Brown	06:23	03:05	00:24.8	
5	Gary Rowley	06:36	03:12	00:25.5	
6	Emily Spray	06:35	03:09	00:25.8	
7	Sarah Carter	06:42	03:16	00:25.8	
8	Gary Brown	06:47	03:18	00:26.1	
9	Kevin Baldwin	06:34	03:04	00:26.3	Lane 3 & 4 - 31.2s to 26s / 25m CSS
10	Mike Blerkhom	06:38	03:06	00:26.5	
11	Janice Brown	07:00	03:25	00:26.9	
12	Mark Saville	06:34	02:58	00:27.0	
13	Bill Smith	07:02	03:16	00:28.2	
14	Matt Cop	07:11	03:25	00:28.2	
15	Justin Polley	07:26	03:37	00:28.6	
16	Morgan Gilbert	07:22	03:16	00:30.7	
17	Tally Hall	08:03	03:53	00:31.2	
18	Chris Milne	07:59	03:49	00:31.2	
19	Sarah Kemp	08:06	03:54	00:31.5	Lane 1 & 2 - above 31.5s / 25m CSS
20	Michelle Sparks	08:09	03:56	00:31.6	
21	Neil Dobson	08:32	04:18	00:31.7	
22	Alex Sinclair*	08:14	03:56	00:32.2	
22	Jenny Harley	08:28	04:09	00:32.4	
23	Dave Coote	08:16	03:53	00:32.9	
24	Rachel Phelps*	08:59	04:29	00:33.8	
25	Alex Sinclair	08:34	04:02	00:34.0	
26	James Roberts*	08:24	03:49	00:34.4	
27	Mark Williams*	09:31	04:29	00:37.7	

*= test conducted on 24/11/14

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

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