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**Predicting Specialist Tactical Response Police Unit Selection Success Using the Urban Rush, 2.4 km and 10km Load Carriage Events**

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**PURPOSE:** The aim of this study was to determine whether performance on a loaded explosive occupational task (Urban Rush), or distance-based load carriage tasks (2.4 km or 10 km) were indicative of officer success on a specialist selection course (SSC). **METHODS:** Eighteen male police officers (mean age = 32.10 ±5.04 yrs; mean height = 183.72±5.79 cm; mean weight = 89.44±8.56 kg; mean Body Mass Index (BMI) = 26.45±1.58 kg/m2) participated in the SSC over 5 consecutive days. Data were categorised into: Group 1 (successful specialist selection applicants) and Group 2 (unsuccessful applicants). Independent sample t-tests and a linear regression determined the differences and relationship between anthropometric and event performance data with alpha levels set at p<.05 a priori. **RESULTS:** Height (p=0.025), body weight (p=0.007) and 2.4 km loaded march event performance (p=0.013) were significantly different between groups (Table 1). All three performance measures were significant predictors of success accounting for 44% of the variance in outcomes, however, the 2.4km loaded march was the strongest (r2= 0.33) and the only significant independent (adjusted r2=0.29) predictor of success. **RELEVANCE:** While a loaded 2.4 km event is associated with success, a ceiling effect for an explosive anaerobic task and longer 10 km task may exist whereby increases in performance are not associated with selection success. Police officers preparing for selection and therapists responsible for returning injured specialist police for duty need to ensure that loaded 2.4 km events are included in candidate’s and officer’s work hardening practices.

**Table 1:** Descriptive Statistics for Successful and Unsuccessful Applicants.

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| **Anthropometric Data/****Performance Measure** | **Successful Applicants****Mean ± Standard Deviation** | **Unsuccessful Applicants****Mean ± Standard Deviation** |
| Age (years) | 30.64 ± 4.97 | 34.43 ± 4.54 |
| Height (cm) | 181.36 ± 5.35 | 187.43 ± 4.58\* |
| Body Weight (kg) | 85.36 ± 6.65 | 95.86 ± 7.45\*\* |
| BMI (kg/m2) | 25.94 ± 1.49 | 27.27 ± 1.46 |
| Loaded BMI (kg/m2) | 33.33 ± 1.75 | 34.02 ± 1.38 |
| Urban Rush (mins) | 1.87 ± 0.16 | 1.86 ± 0.15 |
| 2.4 km Loaded March (mins) | 13.64 ± 0.92 | 15.29 ± 1.60\* |
| 10km Loaded March (mins) | 86.03 ± 2.26 | 87.86 ± 2.34 |

Significantly difference between successful and unsuccessful applicants at \*p>.05 and \*\* p>.01.