| Swimmer | 400m TT | ; | CSS time per 100m using 200m TT time (some times were 'not allowed/error' | 200m spilt from within 400m | Critical Swim Speed time per 100m using split time from within 400m TT (some times were 'not |
|--------------------------------|----------------|-------------------|--|--------------------------------|--|
| | | w | sing the online CSS calculator on ww.swimsmoo h.com website | | allowed/error' using the online CSS calculator on www.swimsmoo th.com website |
| Gemma | 08:02 | 04:04 er | ror | 04:01 | 02:00 |
| Gill | 08:50 | 04:40 er | ror | 04:18 | 02:16 |
| Clare | 08:53 | 04:30 er | | 04:18 | |
| Colin | 09:09 | 04:35 er | ror | 04:18 | 02:26 |
| Miriam | 10:02 | 04:55 | 02:34 | 04:40 | 02:41 |
| | | | | | |
| David V | 06:35 | 03:15 | 01:40 | | |
| Alistair Mc | 07:01 | 03:16 | 01:53 | | |
| Duggie Mc | 07:02 | 03:20 | 01:51 | | |
| Jason | 06:57 | 03:16 | 01:51 | | |
| Fi Outdoors | 07:02 | 03:30 | 01:46 | | |
| Paul Ford | 07:53 | 03:55 | 01:59 | 03:16 | 02:19 |
| Maggie | 08:00 | 03:57 | 02:02 | 03:59 | 02:00 |
| Jim | 08:17 | 03:49 | 02:02 | | |
| Kenny (fair hair) | 08:37 | 04:03 | 02:17 | | |
| Kenny (dark hair) | 08:15 | 03:49 | 02:17 | | |
| Douggie (Michael Dougan) | 08:39 | 04:18 | 02:11 | 04:21 | error |
| _ | _ | _ | | | |
| Fraser | 06:19 | 02:51 | 01:44 | | |
| Hannah | 06:51 | 03:18 | 01:47 | | |
| Harry | 07:07 | 03:25 | 01:51 | | |
| Paula | 07:13 | 03:24 | 01:55 | | |
| Paul Lucas | 08:04 | 03:52 | 02:06 | | 02:07 |
| Alan | 08:15 | 03:48 | 02:14 | 03:53 | 02:11 |
| Ei Harrington | 06.22 | 03:12 or | ror | 03.06 | 01:38 |
| Fi Harrington Grant | 06:22 06:09 | 03:12 er 03:02 | or 01:34 | 03:06 03:04 | |
| Fi Scotter | 06:25 | 03:03 | 01:34 | | |
| John M | 06:35 | 03:10 | 01:41 | | |
| OOTHI WI | 00.00 | 00.10 | 01.40 | 00.00 | 01.40 |
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