Swimmer	400m TT	200m TT	CSS time per 100m using 200m TT time (some times were 'not allowed/error' using the online CSS calculator on www.swimsmoo th.com website	200m spilt from within 400m	Critical Swim Speed time per 100m using split time from within 400m TT (some times were 'not allowed/error' using the online CSS calculator on www.swimsmoo th.com website			
Gemma	08:02	04:04	error	04:01	02:00			
Gill	08:50	04:40	error	04:18	02:16			
Clare	08:53	04:30	error	04:18	02:18			
Colin	09:09	04:35	error	04:18	02:26			
Miriam	10:02	04:55	02:34	04:40	02:41			
David V	06:35	03:15	01:40	03:12	01:42			
Alistair Mc	07:01	03:16	01:53	03:35	error			
Duggie Mc	07:02	03:20	01:51	03:24	01:49			
Jason	06:57	03:16	01:51	03:22	01:48			
Fi Outdoors	07:02	03:30	01:46	03:20	01:51			
Paul Ford	07:53	03:55	01:59	03:16	02:19			
Maggie	08:00	03:57		03:59				
Jim	08:17	03:49		03:58				
Kenny (fair hair)	08:37	04:03		04:06				
Kenny (dark hair)	08:15	03:49	02:13	04:06	02:05			
Douggie (Michael Dougan)	08:39	04:18	02:11	04:21	error			
Fraser	06:19	02:51	01:44	03:04	01:38			
Hannah	06:51	03:18	01:47	03:15	01:48			
Harry	07:07	03:25	01:51	03:23	01:52			
Paula	07:13	03:24	01:55	03:28	01:53			
Paul Lucas	08:04	03:52	02:06	03:51	02:07			
Alan	08:15	03:48	02:14	03:53	02:11			
Fi Harrington	06:22	03:12	error	03:06	01:38			
Grant	06:09	03:02	01:34	03:04	01:33			
Fi Scotter	06:25	03:03		03:06				
John M	06:35	03:10	01:43	03:03	01:46			

Swimmer - Tuesday 22nd April	200m TT - 1	200m TT - 2	200m TT -3		
Terry	04:05				
Yvonne	04:13				
Olivia	04:31	04:28			
Katrina	at 150m - 03:39?	at 150m - 03:39?			
Graham	03:12	03:08			
Neil	03:14	03:14			
Joris	03:14	03:36			
Mark	03:46				
James	DNF	DNF			
	00.40	00:40	00:44		
John K	03:42				
Paul Lucas	03:40				
Maggie	03:45				
Sarah K	03:50		03:55		
swimmer 1 (times given, but no names	03:55	04:02	03:58		
swimmer 2 (times given, but no names	at 150m - 03:27?	at 150m - 03:23?	at 150m - 03:25?		
Alasdair	03:16	03:16			
David	03:16				
Paula	03:30				
	03:25	03:33			
Duggie	00:25	03.33			
Lesley	03:06	03:11			
John	03:25				
Simon	03:46	03:44			
Gillon	03.40	00.44			