

SYNCHRO: Midlands and Masters medals for talented teams



Rugby's synchronised swimmers at the Midland Championships and Masters at Bramcote, Nottingham

Rugby Swimming Club

Rugby Swimming Club synchro travelled to Bramcote, Nottingham, for a new event on the synchro calendar – the Midland Championships and Masters, an event for the older (15-18) age group and the Masters (19+) section.

The first swims of the day were the Technical solo and duets, where athletes need to incorporate certain defined elements into their performance.

Laura Cunha collected the first medal of the day for Rugby with gold in the solo in both the Junior and Senior Age Groups, before partnering with Nayana Walker for gold in the duet again in both the Senior and Junior Age Groups.

Moving onto the Free solo, Georgia Lindsay placed 8th, Nayana Walker 5th and Laura Cunha was 2nd. Emilia Walker took bronze medal in the Masters category.

In the Free duet, Masters Joyce Williams and Kay Ridler took home gold for Rugby.

In the Technical Team event, Rugby placed 2nd only just behind close rivals City of Birmingham - swimming were Laura Cunha, Nayana Walker, Georgia Lindsay, Amelia Quinn, Freya Thomas, Elise Richardson, Isobel Ogg, Emily Dakin with reserves Abby Huett and Cassie Reed.

Rugby had two teams entered in the Combination event.

Team 1 – Maisie Grinter, Bethany Clarke, Katie McConnell, Mae Howard, Jessica Farndon, Eleanor Gerrard, Anna Kempson and Jennifer Ravenhall – came 4th bettering their previous personal best score by 2 points.

Team 2 – Laura Cunha, Nayana Walker, Emilia Walker, Amelia Quinn, Abby Huett, Freya Thomas, Cassandra Reed, Elise Richardson, Isobel Ogg, Emily Dakin, and reserves Danielle Medgett and Georgia Lindsay – came first, securing another gold medal for Rugby.

The final medal of the day was another gold for Rugby in the Championship Free Team event, with a great swim from Laura Cunha, Nayana Walker, Amelia Quinn, Abby Huett, Freya Thomas, Casandra Reed, Elise Richardson, Isobel Ogg, Emily Dakin and Danielle Medgett scoring 68 - another PB score for this group of athletes.

Following a successful day, Rugby Synchro now look forward to the British National Championships in Nottingham at the end of April, the Warwickshire Championship at the end of June and closing the season at the Combo Cup at the London Aquatic Centre (the Olympic pool) on July 6.

If you would like to know more about the fantastic sport of synchronised swimming, there is a free taster session (for girls and boys) at the Queen's Diamond Jubilee Centre in Rugby on Thursday, July 11.

For more information or to book your place, please email Hannah Secher at rugbysynchro.headcoach@gmail.com.



**MIDLAND ASA AGE GROUP
SYNCHRONISED SWIMMING CHAMPIONSHIPS**
6th April 2019
Bramcote

Saturday 6 April 2019		CHAMPIONSHIP FREE ROUTINE SOLO RESULTS										Free Solos	
Referee		ALISON PRATT											
Execution		Judge 1	Helen Stokes	Artistic Impression		Judge 1	Pyper Waykins	Difficulty		Judge 1	Hannah Secher		
		Judge 2	Maxine Burley			Judge 2	Mandy Fuller			Judge 2	Lucy Rouse		
		Judge 3	Linda Peake			Judge 3	Sally Poon			Judge 3	Susan White		
		Judge 4	Toni Quinn			Judge 4	Olivia Clarke			Judge 4	Katie Huett		
		Judge 5	Amy Bryant			Judge 5	Sharon Crawford			Judge 5	Lenka Tanner		

Rank	Start	Club	Code	ID	YOB	Name	Class 1	Class 2	RES	1	2	3	4	5	%	Calc	Pen	Routine Score	Figures Score	Overall Score	
1	1	Walsall SSC		1113105	2004	Robyn Swatman	J	C	FREE	Execution	7.4	7.4	7.1	7.9	7.0	30%	21.9000	0.00	72.1000		72.1000
										Artistic Imp	7.3	7.0	7.0	7.8	7.0	40%	28.4000				
										Difficulty	6.9	7.1	7.2	7.5	7.8	30%	21.8000				
2	11	Rugby Sc		1363491	2001	Laura Cunha	J	C	FREE	Execution	6.8	6.9	7.1	8.0	6.8	30%	20.8000	0.00	71.2000	0.0000	71.2000
										Artistic Imp	7.3	6.7	7.2	7.5	7.4	40%	29.2000				
										Difficulty	7.1	7.0	7.1	7.6	7.0	30%	21.2000				
3	5	City of Bham		311045	1997	Phoebe Bradley Smith (M)	M	C	FREE	Execution	7.1	7.4	7.0	6.9	7.2	30%	21.3000	0.00	70.6000		70.6000
										Artistic Imp	6.9	6.9	7.2	7.5	7.2	40%	28.4000				
										Difficulty	6.8	6.8	7.1	7.2	7.0	30%	20.9000				
4	4	Walsall SSC		884336	2004	Olivia Baker	J	C	FREE	Execution	7.0	7.2	6.8	7.2	6.5	30%	21.0000	0.00	69.2000		69.2000
										Artistic Imp	7.0	6.5	7.1	7.6	6.6	40%	27.6000				
										Difficulty	6.5	6.7	7.0	6.9	7.2	30%	20.6000				
5	8	Rugby Sc		856143	2002	Nayana Walker	J	C	FREE	Execution	6.6	6.8	6.4	6.7	6.6	30%	19.9000	0.00	66.7333		66.7333
										Artistic Imp	6.8	6.4	7.2	6.7	6.3	40%	26.5333				
										Difficulty	6.4	6.5	6.9	6.9	7.1	30%	20.3000				
6	2	City of Bham		802728	1999	Melanie Whitburn	M	C	FREE	Execution	6.4	6.4	6.4	7.1	6.7	30%	19.5000	0.00	64.4000		64.4000
										Artistic Imp	6.3	6.6	6.3	7.3	6.3	40%	25.6000				

Rank	Start	Club	Code	ID	YOB	Name	Class 1	Class 2	RES	1	2	3	4	5	%	Calc	Pen	Routine Score	Figures Score	Overall Score	
										Difficulty	6.3	6.1	6.4	7.0	6.6	30%	19.3000				
7	6	City of Bham		891973	2002	Tegan Smith	J	C	FREE	Execution	6.3	6.5	6.1	6.7	6.4	30%	19.2000	0.00	64.3000		64.3000
										Artistic Imp	6.6	6.1	6.4	6.6	6.2	40%	25.6000				
										Difficulty	6.1	6.3	6.6	7.0	6.6	30%	19.5000				
8	10	Rugby Sc		875533	2004	Georgia Lindsay	J	C	FREE	Execution	6.0	6.2	6.5	7.3	6.3	30%	19.0000	0.00	63.0667	0.0000	63.0667
										Artistic Imp	6.3	6.2	6.4	6.3	6.1	40%	25.0667				
										Difficulty	6.2	6.2	6.7	6.3	6.5	30%	19.0000				
9	3	BSC Aquastars		476206	2002	Orla Large	J	C	FREE	Execution	5.1	5.0	5.9	6.3	6.4	30%	17.3000	0.00	57.6667		57.6667
										Artistic Imp	5.7	5.3	6.0	6.3	5.9	40%	23.4667				
										Difficulty	5.6	5.7	5.6	5.5	6.0	30%	16.9000				



**MIDLAND ASA AGE GROUP
SYNCHRONISED SWIMMING CHAMPIONSHIPS
BRAMCOTE
6th April 2019**

6th April 2019									Junior \ Championship Free Duets								
Referee ALISON PRATT																	
Execution			Judge 1 Helen Stokes			Artistic Impression			Judge 1 Pyper Waykins			Difficulty			Judge 1 Hannah Secher		
			Judge 2 Maxine Burley						Judge 2 Mandy Fuller						Judge 2 Lucy Rouse		
			Judge 3 Linda Peake						Judge 3 Sally Poon						Judge 3 Susan White		
			Judge 4 Toni Quinn						Judge 4 Olivia Clarke						Judge 4 Katie Huett		
			Judge 5 Amy Bryant						Judge 5 Sharon Crawford						Judge 5 Lenka Tanner		

Rank	Start	Club	Code	Name	Class 1	Class 2	RES			1	2	3	4	5	%	Calc	Pen	Routine Score	Figures Score	Overall Score
1	2	Walsall SSC		Robyn Swatman Olivia Baker	J			FREE	Execution	7.0	7.0	6.9	7.6	6.5	30%	20.9000	0.00	71.5667		71.5667
									Artistic Imp	7.2	7.3	7.3	7.5	6.8	40%	29.0667				
									Difficulty	6.9	7.0	7.3	7.8	7.3	30%	21.6000				
2	3	City of Bham		Tegan Smith Elizabeth Cornes	J	T		FREE	Execution	6.3	6.7	6.3	6.7	6.3	30%	19.3000	0.00	65.5000		65.5000
									Artistic Imp	6.5	6.5	6.5	6.3	6.9	40%	26.0000				
									Difficulty	6.4	6.6	6.8	7.4	6.8	30%	20.2000				

3	1	Walsall SSC	1113105	2004	Robyn Swatman	FREE	Execution	6.4	6.8	6.7	6.8	6.6	30%	20.1000	0.00	67.1000	0.0000	67.1000																													
			884336	2004	Olivia Baker			R	Artistic Imp	6.8	7.2	7.2							6.5	6.7	40%	27.6000																									
			1143097	2003	Chalani Appuhamilage					R	Difficulty	6.4							6.5	6.5			6.7	6.2	30%	19.4000																					
			904500	2002	Hannah Birch							R																																			
			980875	2002	Chloe Cowie														R																												
			913569	2002	Ellen Partridge															R																											
			939844	2003	Jaipreet Waraich																		R																								
			980876	2004	Isabelle Watkins																			R																							
980876	2004	Isabelle Watkins	R																																												
4	6	Rugby SC Team 1	964039	2003	Maisie Grinter	FREE	Execution	6.1	6.0	5.9	6.0	5.7	30%	17.9000	0.00	62.6667	0.0000	62.6667																													
			880610	2003	Bethany Clarke			R	Artistic Imp	6.6	6.6	6.9							6.0	6.2	40%	25.8667																									
			1234037	2002	Katie McConnell					R	Difficulty	6.0							6.3	6.3			6.6	6.3	30%	18.9000																					
			964027	2002	Mae Howard							R																																			
			1234038	2002	Jessica Farrdon (W)														R																												
			923388	2001	Eleanor Garrard															R																											
			1234039	2002	Anna Kempson																		R																								
			1269654	2003	Jennifer Ravenhall																			R																							
			527992	2001	Beth Sullivan																						FREE	Execution	5.5	6.3	6.2	6.0	5.0	30%	17.7000	0.00	59.1667	0.0000	59.1667								
			476206	2002	Orla Large																								R	Artistic Imp	6.0	6.4	6.2							5.7	5.7	40%	23.8667				
			898372	2002	Vishakha Mitra																										R	Difficulty	5.7							6.0	5.9			6.1	5.6	30%	17.6000
			471268	2002	Rachel McIntyre																												R														
954930	2002	Genevieve Poon	R																																												
904866	2002	Katie Walker		R																																											
1232211	2003	Kirsten McCabe			R																																										
975981	2003	Madeleine Poon				R																																									
1167070	2003	Evelyn Heathfield					R																																								
527992	2001	Beth Sullivan						R																																							
476206	2002	Orla Large							R																																						
898372	2002	Vishakha Mitra								R																																					



**MIDLAND ASA AGE GROUP
SYNCHRONISED SWIMMING CHAMPIONSHIPS BRAMCOTE
6th April 2019**

DATE	6th April 2019	TECHNICAL ROUTINE	Duet
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FINAL RESULTS

Referee	Ali Pratt
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Execution	Judge 1 Helen Stokes Judge 2 Maxine Burley Judge 3 Linda Peake Judge 4 Toni Quinn Judge 5 Amy Bryant	Impression	Judge 1 Pyper Waykins Judge 2 Mandy Fuller Judge 3 Sally Poon Judge 4 Olivia Clarke Judge 5 Sharon Crawford	Elements	Judge 1 Hannah Secher Judge 2 Lucy Rouse Judge 3 Susan White Judge 4 Katie Huett Judge 5 Lenka Tanner
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Rank	Start	Club	Code	ID	YOB	Name	Class 1	Class 2	RES	1	2	3	4	5	WT	Calc	Factored	Pen	Routine Score							
1	2	Rugby Sc		1363491	2001	Laura Cunha	J	TECH		6.8	6.9	7.0	7.5	6.8	30%	69.0000	20.7000	0.0000	67.0161							
				856143	2002	Nayana Walker				6.8	6.6	6.8	6.8	6.8	30%	68.0000	20.4000									
														Elements	40%	64.7903	25.9161									
														#1	6.4	6.6	6.5			7.4	6.9	2.2	14.6667			
														#2	6.3	6.1	6.5			6.9	6.8	2.9	18.9467			
														#3	6.0	6.3	6.7			6.7	6.1	1.8	11.4600			
														#4	6.4	6.0	6.4			6.5	6.3	3.0	19.1000			
										#5	6.2	6.3	6.6	7.3	6.5	2.5	16.1667									
2	1	City of Bham		891973	2002	Tegan Smith	J	TECH		6.3	6.4	6.4	7.3	6.5	30%	64.3333	19.3000	0.0000	63.0140							
				1186679	2003	Elizabeth Cornes				6.4	6.9	6.5	6.6	6.3	30%	65.0000	19.5000									
														Elements	40%	60.5349	24.2140									
														#1	5.8	5.5	6.3			6.4	5.5	2.2	12.9067			
														#2	6.0	6.3	6.5			6.9	6.3	2.9	18.4633			
														#3	5.4	5.7	6.4			6.3	5.6	1.8	10.5600			
														#4	5.7	5.6	6.1			6.1	6.0	3.0	17.8000			
										#5	6.0	5.8	6.2	6.8	6.2	2.5	15.3333									



**MIDLAND ASA AGE GROUP
SYNCHRONISED SWIMMING CHAMPIONSHIPS BRAMCOTE
6th April 2019**

DATE	TECHNICAL ROUTINE	Solo
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FINAL RESULTS

Referee	Ali Pratt
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Execution	Judge 1 Helen Stokes Judge 2 Maxine Burley Judge 3 Linda Peake Judge 4 Toni Quinn Judge 5 Amy Bryant	Impression	Judge 1 Pyper Waykins Judge 2 Mandy Fuller Judge 3 Sally Poon Judge 4 Olivia Clarke Judge 5 Sharon Crawford	Elements	Judge 1 Hannah Secher Judge 2 Lucy Rouse Judge 3 Susan White Judge 4 Katie Huett Judge 5 Lenka Tanner
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Rank	Start	Club	Code	ID	YOB	Name	Class 1	Class 2	RES	1	2	3	4	5	WT	Calc	Factored	Pen	Routine Score
1	2	Rugby Sc		1363491	2001	Laura Cunha	J		TECH	6.7	6.6	7.3	7.8	7.2	30%	70.6667	21.2000	0.0000	70.8165
									Execution	7.2	6.3	6.7	7.4	7.3	30%	70.6667	21.2000		
									Impression						40%	71.0413	28.4165		
									Elements										
									#1	7.2	7.4	7.2	7.4	7.6	2.5	18.3333			
									#2	6.4	7.0	6.8	6.8	7.3	2.5	17.1667			
									#3	7.0	7.2	7.3	6.6	7.1	3.2	22.7200			
									#4	7.1	7.6	6.9	7.3	7.4	1.9	13.8067			
									#5	6.4	7.0	6.7	7.7	7.2	2.0	13.9333			
2	1	City of Bham		891973	2002	Tegan Smith	J		TECH	6.0	6.2	6.1	6.5	6.3	30%	62.0000	18.6000	0.0000	62.2851
									Execution	6.7	6.1	6.5	6.7	6.8	30%	66.3333	19.9000		
									Impression						40%	59.4628	23.7851		
									Elements										
									#1	6.1	5.8	6.0	6.4	6.2	2.5	15.2500			
									#2	5.7	5.7	6.2	6.4	6.1	2.5	15.0000			
									#3	6.0	6.3	6.3	6.2	5.6	3.2	19.7333			
									#4	5.6	5.6	6.0	5.6	5.8	1.9	10.7667			
									#5	5.6	5.4	5.8	5.6	5.6	2.0	11.2000			



**MIDLAND ASA AGE GROUP
SYNCHRONISED SWIMMING CHAMPIONSHIPS**
6th April 2019
Bramcote

Saturday 6 April 2019		JUNIOR FREE ROUTINE SOLO RESULTS										Free Solos										
Referee		ALISON PRATT																				
Execution						Artistic Impression						Difficulty										
Judge 1		Helen Stokes		Judge 1		Pyper Waykins		Judge 1		Hannah Secher												
Judge 2		Maxine Burley		Judge 2		Mandy Fuller		Judge 2		Lucy Rouse												
Judge 3		Linda Peake		Judge 3		Sally Poon		Judge 3		Susan White												
Judge 4		Toni Quinn		Judge 4		Olivia Clarke		Judge 4		Katie Huett												
Judge 5		Amy Bryant		Judge 5		Sharon Crawford		Judge 5		Lenka Tanner												
Rank	Start	Club	Code	ID	YOB	Name	Class 1	Class 2	RES	1	2	3	4	5	%	Calc	Pen	Routine Score	Figures Score	Overall Score		
1	1	Walsall SSC		1113105	2004	Robyn Swatman	J	C	FREE	Execution	7.4	7.4	7.1	7.9	7.0	30%	21.9000	0.00	72.1000		72.1000	
										Artistic Imp	7.3	7.0	7.0	7.8	7.0	40%	28.4000					
										Difficulty	6.9	7.1	7.2	7.5	7.8	30%	21.8000					
2	11	Rugby Sc		1363491	2001	Laura Cunha	J	C	FREE	Execution	6.8	6.9	7.1	8.0	6.8	30%	20.8000	0.00	71.2000	0.0000	71.2000	
										Artistic Imp	7.3	6.7	7.2	7.5	7.4	40%	29.2000					
										Difficulty	7.1	7.0	7.1	7.6	7.0	30%	21.2000					
3	4	Walsall SSC		884336	2004	Olivia Baker	J	C	FREE	Execution	7.0	7.2	6.8	7.2	6.5	30%	21.0000	0.00	69.2000		69.2000	
										Artistic Imp	7.0	6.5	7.1	7.6	6.6	40%	27.6000					
										Difficulty	6.5	6.7	7.0	6.9	7.2	30%	20.6000					
4	8	Rugby Sc		856143	2002	Nayana Walker	J	C	FREE	Execution	6.6	6.8	6.4	6.7	6.6	30%	19.9000	0.00	66.7333		66.7333	
										Artistic Imp	6.8	6.4	7.2	6.7	6.3	40%	26.5333					
										Difficulty	6.4	6.5	6.9	6.9	7.1	30%	20.3000					
5	6	City of Bham		891973	2002	Tegan Smith	J	C	FREE	Execution	6.3	6.5	6.1	6.7	6.4	30%	19.2000	0.00	64.3000		64.3000	
										Artistic Imp	6.6	6.1	6.4	6.6	6.2	40%	25.6000					
										Difficulty	6.1	6.3	6.6	7.0	6.6	30%	19.5000					
6	10	Rugby Sc		875533	2004	Georgia Lindsay	J	C	FREE	Execution	6.0	6.2	6.5	7.3	6.3	30%	19.0000	0.00	63.0667	0.0000	63.0667	
										Artistic Imp	6.3	6.2	6.4	6.3	6.1	40%	25.0667					
										Difficulty	6.2	6.2	6.7	6.3	6.5	30%	19.0000					

Rank	Start	Club	Code	ID	YOB	Name	Class 1	Class 2	RES	1	2	3	4	5	%	Calc	Pen	Routine Score	Figures Score	Overall Score	
7	3	BSC Aquastars		476206	2002	Orla Large	J	C	FREE	Execution	5.1	5.0	5.9	6.3	6.4	30%	17.3000	0.00	57.6667		57.6667
										Artistic Imp	5.7	5.3	6.0	6.3	5.9	40%	23.4667				
										Difficulty	5.6	5.7	5.6	5.5	6.0	30%	16.9000				



**MIDLAND ASA AGE GROUP
SYNCHRONISED SWIMMING CHAMPIONSHIPS
BRAMCOTE
6th April 2019**

6th April 2019		Masters Free Duets							
Referee		ALISON PRATT							
Execution	Judge 1	Helen Stokes	Artistic Impression	Judge 1	Pyper Waykins	Difficulty	Judge 1	Hannah Secher	
	Judge 2	Maxine Burley		Judge 2	Mandy Fuller		Judge 2	Lucy Rouse	
	Judge 3	Linda Peake		Judge 3	Sally Poon		Judge 3	Susan White	
	Judge 4	Toni Quinn		Judge 4	Olivia Clarke		Judge 4	Katie Huett	
	Judge 5	Amy Bryant		Judge 5	Sharon Crawford		Judge 5	Lenka Tanner	

Rank	Start	Club	Code	Name	Class 1	Class 2	RES		1	2	3	4	5	%	Calc	Pen	Routine Score	Figures Score	Overall Score
1	5	Rugby SC		Joyce Williams Kay Ridler	M		FREE	Execution	5.0	5.6	5.2	6.2	5.2	30%	16.0000	0.00	52.6000		52.6000
								Artistic Imp	5.5	5.5	5.0	5.1	4.9	40%	20.8000				
								Difficulty	5.3	5.2	5.6	5.3	4.8	30%	15.8000				
2	1	Nottingham Uni		Eloise Billington Lauren Sisson	M		FREE	Execution	4.6	5.1	5.0	5.8	5.4	30%	15.5000	0.00	50.4333		50.4333
								Artistic Imp	5.1	5.1	4.9	5.1	4.8	40%	20.1333				
								Difficulty	5.1	5.4	5.0	4.7	4.5	30%	14.8000				



**MIDLAND ASA AGE GROUP
SYNCHRONISED SWIMMING CHAMPIONSHIPS
6th April 2019
Bramcote**

Saturday 6 April 2019		MASTER FREE ROUTINE SOLO RESULTS						Masters	
Referee		ALISON PRATT							
Execution	Judge 1	Helen Stokes	Artistic Impression	Judge 1	Pyper Waykins	Difficulty	Judge 1	Hannah Secher	
	Judge 2	Maxine Burley		Judge 2	Mandy Fuller		Judge 2	Lucy Rouse	
	Judge 3	Linda Peake		Judge 3	Sally Poon		Judge 3	Susan White	
	Judge 4	Toni Quinn		Judge 4	Olivia Clarke		Judge 4	Katie Huett	
	Judge 5	Amy Bryant		Judge 5	Sharon Crawford		Judge 5	Lenka Tanner	

Rank	Start	Club	Code	ID	YOB	Name	Class 1	Class 2	RES	1	2	3	4	5	%	Calc	Pen	Routine Score	Figures Score	Overall Score	
1	5	City of Bham		311045	1997	Phoebe Bradley Smith (M)	M	C	FREE	Execution	7.1	7.4	7.0	6.9	7.2	30%	21.3000	0.00	70.6000		70.6000
										Artistic Imp	6.9	6.9	7.2	7.5	7.2	40%	28.4000				
										Difficulty	6.8	6.8	7.1	7.2	7.0	30%	20.9000				
2	2	City of Bham		802728	1999	Melanie Whitburn	M	C	FREE	Execution	6.4	6.4	6.4	7.1	6.7	30%	19.5000	0.00	64.4000		64.4000
										Artistic Imp	6.3	6.6	6.3	7.3	6.3	40%	25.6000				
										Difficulty	6.3	6.1	6.4	7.0	6.6	30%	19.3000				
3	7	Rugby SC				Emilia Walker	M		FREE	Execution	6.1	6.2	6.3	6.4	6.2	30%	18.7000	0.00	62.0667		62.0667
										Artistic Imp	6.0	5.6	6.1	6.4	6.5	40%	24.6667				
										Difficulty	5.8	5.9	6.7	6.7	6.1	30%	18.7000				
4	9	Green Arrows				Olivia Shelton	M		FREE	Execution	5.0	5.6	5.3	6.1	5.8	30%	16.7000	0.00	55.5667	0.0000	55.5667
										Artistic Imp	5.6	5.7	5.9	5.6	5.7	40%	22.6667				
										Difficulty	5.5	5.3	6.3	4.9	5.4	30%	16.2000				