Report From Britain
by ALASTAIR AITKEN

Barry Watson, 1976 marathon team member, was 6th in 68:44 in the Shem-Phed Neme Half-marathon in Faversham, October 7. On October 14, in the tough Birchfield 10 Mile, 40-year-old European Vet, 10,000 champion, Alan Rushmer, ran 51:49 for fourth.

In the Essex Veterans Cross-country Championships in Danbury Park, November 10, Ken Hutchlin, 40, prevailed in 29:29. He was chased home by Tim Paitthorne, 46, 29:34, and Andy Green, 44:43. The first 50+ was Tom Everitt, 30:41, and the first 60+ was Nat Booth, 33:44. The Surrey Cross-country Championships in Richmond Park saw Steve Warzee, 1982 champ, win in 32:04, with new Vet Bob Geverns next in 32:35 and Fred Bell third in 33:23. First 50+ and 17th of 118 finishers was ex-international Mike Firth, president of South London AC. First 60+ was Jack Fitzgerald, correspondent for Veterans-Athletics World.

On November 3, at the Crystal Palace track, Bob Emmerson, 51, was first in the 100K track race in a world 50+ and best 7:47:07. He also achieved M50-54 world bests at 50K (3:26:45); 40 miles (4:35:36); 50 miles (6:00:02). Andrew Ferguson, once a Scottish and English international, set a M55-59 world best when he completed 50K in 3:26:21.

World Veterans Championships

Continued from page 26

Canada (W-40) joined four U.S. squads for team honors.

In both races together, women comprised a quarter of the entrants and nearly a third of all finishers — by far, the largest percentages ever for a world championships of any kind in Masters athletics. Anderson-Scheiss said that she liked racing with women only.

"You know where your competition is, and it was fun running out front, all alone."

At the other end of the competitive spectrum, Californian Bess James, who won the 75-and-over division in both races, expressed well the atmosphere — and the primary purpose — of the WIGAI Championships:

"The people you meet are absolutely fabulous. I have more fun just talking to the people than anything else. Two friends from Germany, for instance, just came up and said: 'Hi.'"

James, who started running at age 69 and who has competed in several world championships, claims that the sport has changed her life for the better: "I honestly feel better now than I did 20 years ago."

All told, more than 630 competitors from at least 20 countries participated in the two-day affair. Race organizers, however, remain perplexed by the unusually high number of paid entrants (approximately 150) who did not...

Continued on page 40
U.S. MASTERS DECATHLON AGE FACTOR TABLES Sept 1984

to be used in conjunction with 1962 IAAF decathlon scoring tables.

**Age Groups:**
- 1: 14-19
- 2: 20-24
- 3: 25-29
- 4: 30-34
- 5: 35-39
- 6: 40-44
- 7: 45-49
- 8: 50-54
- 9: 55-59
- 10: 60-64
- 11: 65-69
- 12: 70+

**Score Adjustment:**
- Score for age group 1 is the base score.
- Scores for other age groups are adjusted based on the formula:
  \[ \text{Adjusted Score} = \text{Base Score} \times \left(1 + \frac{\text{Age Factor}}{100}\right) \]

**Notes:**
- Age is determined by the year of birth.
- The age factor is used to adjust the score for the decathlon.

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**U.S. 5K Cross-Country**

Continued from page 4

Masters 10 K X-C Championships in Holdom, N.D.

The women's race was won by Carol Foltz, 41, of Bellevue, WA in 20:20.
Shoehornic TC teammate Patricia Thomas took second in 20:40 after losing the lead to Foltz before the half way point. Vicki Foltz of Monroe, WA placed third in 21:11, after having won the 15 K X Championships in Houston three weeks earlier.

Women's 50's winner Alice Taggares of Bellevue, WA placed 8th overall in 23:29, a minute and a half ahead of the next 50's runner Billie Murphy, 57, of Tacoma, WA. The oldest finisher of the day was Mabel O'Hare, 73, of Olympia, WA in 42:16.

Shoehornic Track Club of Seattle provided winning teams in men's and women's 40-49 and 50-59, with the nearest competition coming in men's 50-59 from Reno's Silver State Striders.