

June 5, 1988

Dear Al,

Thanks for printed time standards. Yes, I think they'll work. I hope you don't retract them as you did the All-American standards. I really think those standards, especially the women's, are ridiculous. Might as well give out All-American certificates with every new subscription. I'm all for standards of excellence that a large percentage of the population can achieve. But it shouldn't be called All-American. Every other sport reserves that for the very elite. It reminds me of the local record rampage that Bud Deacon and Stan Thompson went on here back during the early days of masters track. Nearly every time the local masters track club had a meet, Deacon and Thompson would set a dozen or so world records (single year) between themselves. When these were reported to the newspapers, the reporters found it difficult to understand how so many world records could be set. After a while it became a big joke. I think that's what will become of the NAA All-American "honor." I might address this again in my next column, if you don't mind.

As for Jack Foster's 2:11:18 being equal to a 2:04+, I forget how you established the 2:04:20 open marathon base. That's consistent with the Daniels-Gilbert tables (12:57 5,000 equals a 2:04:18 marathon), but I don't think you referred to the Daniels-Gilbert tables. Did you? No hurry, but can you explain.

Aloha!


MIKE TYMN

TARGET TIMES

		35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	Open 20-34
5-K	M	14:55	15:24	15:55	16:27	17:03	17:49	18:49	20:07	21:50	24:08	27:39	14:28
	W	16:31	17:07	17:46	18:28	19:13	20:13	21:32	23:17	25:39	28:56	34:15	15:58
8-K	M	24:32	25:18	26:08	27:01	27:58	29:13	30:51	32:58	35:46	39:32	45:20	23:48
	W	27:07	28:05	29:08	30:16	31:30	33:09	35:18	38:10	42:02	47:27	56:12	26:13
10-K	M	31:00	31:59	33:02	34:09	35:22	36:57	39:01	41:43	45:16	50:03	57:26	30:05
	W	34:17	35:31	36:50	38:17	39:51	41:56	44:40	48:19	53:14	1:00:07	1:11:15	33:09
12-K	M	37:33	38:45	40:01	41:23	42:52	44:48	47:19	50:36	54:55	1:00:46	1:09:45	36:27
	W	41:33	43:03	44:40	46:25	48:20	50:52	54:12	58:38	1:04:38	1:13:02	1:26:30	40:10
15-K	M	47:33	49:03	50:41	52:25	54:19	56:46	59:59	1:04:10	1:09:40	1:17:06	1:28:30	46:08
	W	52:38	54:32	56:36	58:50	1:01:16	1:04:30	1:08:45	1:14:24	1:22:01	1:32:38	1:49:41	50:52
10-M	M	51:14	52:52	54:37	56:30	58:32	1:01:11	1:04:39	1:09:10	1:15:07	1:23:07	1:35:24	49:42
	W	56:44	58:47	1:01:00	1:03:25	1:06:03	1:09:32	1:14:08	1:20:12	1:28:26	1:39:51	1:58:11	54:49
20-K	M	1:04:34	1:06:34	1:08:51	1:11:14	1:13:49	1:17:11	1:21:34	1:27:16	1:34:46	1:44:50	2:00:15	1:02:37
	W	1:11:32	1:14:08	1:16:57	1:20:00	1:23:19	1:27:43	1:33:30	1:40:10	1:51:30	2:05:48	2:28:41	1:09:07
Half-Marathon	M	1:08:21	1:10:33	1:12:54	1:15:26	1:18:09	1:21:43	1:26:21	1:32:23	1:40:20	1:50:59	2:07:16	1:06:18
	W	1:15:44	1:18:30	1:21:28	1:24:42	1:28:14	1:32:53	1:39:00	1:47:06	1:58:01	2:13:08	2:37:16	1:13:19
25-K	M	1:21:57	1:24:35	1:27:24	1:30:27	1:33:43	1:38:00	1:43:33	1:50:45	2:00:14	2:12:56	2:32:15	1:19:30
	W	1:30:49	1:34:07	1:37:42	1:41:34	1:45:47	1:51:20	1:58:39	2:08:19	2:21:17	2:39:13	3:07:46	1:27:45
30-K	M	1:39:36	1:42:47	1:46:13	1:49:54	1:53:52	1:59:02	2:05:45	2:14:27	2:25:53	2:41:07	3:04:18	1:36:36
	W	1:50:21	1:54:21	1:58:41	2:03:22	2:08:27	2:15:09	2:23:58	2:35:35	2:51:10	3:12:37	3:46:43	1:46:38
Marathon	M	2:23:10	2:27:43	2:32:35	2:37:49	2:43:26	2:50:47	3:00:12	3:12:27	3:28:26	3:49:45	4:22:03	2:18:55
	W	2:38:28	2:44:08	2:50:14	2:56:50	3:04:00	3:13:26	3:25:47	3:42:02	4:03:46	4:33:38	5:21:04	2:33:11

02.5, and 00, respectively. The 60-64 drops three points to 57, the 65-69 standard 3.5 points to 53.5, the 70-74 standard 4 points to 49.5, and so on.

Going up in age then, we can see that a 34:09 for a 50-54 male and a 45:11 for a 75-79 male are the equal of 31:59 for a 40-44 male. That fact that only five 50-54 men and only one 75-79 male achieved those times in 1985 is consistent with the fact that the number of participants in each age group diminishes as the age groups go up. That is, there are roughly twice as many 40-44 competitors as there are in the 50-54 division and more than ten times as many 40-44 men as there are 75-79 men.

Since there is much more data available for men than for women, the standards for women were based upon the eleven percent factor. (The difference between world records for men and women at one-mile, 10-K, and the marathon is a near exact 11 percent.) Applying this percentage to Hefferman's 31:59, a time of 35:31 was arrived at as an equal effort for a woman. Although no American woman achieved that time in 1985, 40-year-old Priscilla Welch of England recorded 32:25, more than three minutes faster than the standard. Gabriele Andersen also 40 and listed as a foreign runner in 1985, did 34:49.

Using the Daniels-Gilbert tables at the 2.5 + loss in age groups, the other standards for women were determined. □ — Mike Tymn

May 19, 1988

Dear Al,

I think you're revised standards are as close to achieving equity as you can hope to get based upon the data now available.

As for the older women, I believed I fudged somewhat, too, while trying to give them a break. So if you fudge even more, I guess that's double fudge. I've heard several theories as to why older women slow down more than men -- greater calcium loss, greater loss of hormones as a result of menopause, and I can't remember what else. I don't think there is hard scientific evidence to support the theories.

Personally, I don't believe in easing the women's standards just because a few of them will bitch. The 1% difference in the open records is irrefutable evidence. Any argument against it has to be one based upon emotion, not logic. As long as you explain it, they should understand. Those who don't read the explanation probably don't care all that much.

I just received the April 11 issue of Running Stats. It lists the top 10 U.S. men's and women's marathon times. *ALL TIME*
Number one male is Alberto Salazara at 2:08:52. Number 10 is Bill Rodgers at 2:09:56. The difference is 1:04. The range for women is 2:21:21 (Benoit) and 2:30:14 (Nancy Ditz -- a difference of 8:53. The simple fact is that the women are still far behind in terms of quality and depth of quality. There are reasons for it, but I don't believe those reasons justify giving the women big breaks in your standards. Jackie Hansen can call me a MCP, but I have to believe that even she recognizes the validity of my arguments.

I will try to reach Jim O'Neil this weekend to discuss your recent letter with him. How would you feel about a short column, about the size of Pagliano's, co-authored by Reese and O'Neil having to do with MAAD objectives? That is, they could plug events that are achieving equity and also take jabs at those that aren't. I'm sure there are many other things pertaining to race administration that they might want to comment upon. If you interested in such a thing, I can bounce it off them. If not, no problem.

*Yes
good idea*

I sent my column for July to you yesterday. I hope to get a profile to you, but am not sure. Things have been hectic at the office and around the house.

OK

A number of people have asked me what "Masters Track & Field News," as advertised in Track and Field News is? I have assumed it is NMN, but I don't recall reading profiles on some of the people mentioned in that ad. Do you have a separate publication?

Can't remember if I told you this, but my last body fat reading was 19%, compared to 10% last year. According to the charts, 17-21% is "plump." That was enough to get me back to running a little more than I was. Since giving up racing, I have been lacking goals. But I now have a goal -- to become unplump.

Aloha!

Mike
Mike

Maybe we can add a "plump" division to our age-grading tables.

*4 p.m.
people
mentioned
(Swell, Gerwin
have been
mentioned
in
stories.*

May 15, 1988

Dear Mike:

Enclosed is a proposed new set of LDR time standards. #1 and #2.
Please look it over and give me your comments or suggestions.

The standards are based on your chart which we printed in the July '87 issue. I made a few modifications at the upper end of the age groups, but it's basically the same as yours.

Originally, I had assumed that Phillips' tables, since they were being done by computer, were more accurate than any other tables. Not necessarily so. Yours seem quite accurate.

I had to use calculations from your chart to get an optimum performance for each age group (generally close to the WR). As you remember, I think the percentage method is the easiest and certainly the fairest way of determining who's best. And to use the percentage method, I have to get an optimum time to represent 100%.

For your information, attached ^(A) is a sheet listing the American record 10Ks for each age group. Using your "target times," Ed Benham gets the best percentage -- 109.2%.

It's interesting that, of the 18 ARs, the first nine are all men. Leona Lugers gets the best women's percentage (103.2%), but that's lower than the lowest man's percentage.

At first, I thought your women's target times were, thus, much too tough. On reflection, though, I think they may be accurate. What do you think?

The logic is this: Should a 70-year-old man drop off less from his youth than a 70-year-old woman? I can't see any reason why he should, can you? Thus, if they should drop off equally, then your charts are accurate and the women simply haven't achieved their potential, yet, in the masters ranks. The exception is Priscilla Welch and, to some degree, Marion Irvine and Helen Dick.

The trouble with this logic is that the women will reject these standards out of hand, saying they're unrealistic. ~~At~~ at this stage of the game, getting acceptance for this method is important. If NMN calculates the best percentages to do our stories, and the men constantly dominate the women, what will the reaction of women runners be? Not favorable, I presume.

When I did the modifications, I fudged a little to bring the women up a bit, but the standards still look tough. Also attached (B) are the same performances using my new standards. The rankings are similar to yours (the first nine are all men),

with a couple of differences: mainly Benham gets the top percentage using your chart; using my standards, Davies is first and Benham, second.

Also attached, for your info, are Phillips' revised standards as of April 23, 1988. (C). Also attached, for quick reference, are your target times (D).

Note on your chart, your 11% difference between men and women doesn't hold up. E.g. $\frac{W70\ 10K = 48:19}{M70\ 10K = 41:43} = \frac{2899}{2503} = 115.8\%$.

According to your 11% formula, the W70 target time should be $41:43 \times 1.11 = 46:18$, not 48:19. So where did your women's times come from? As I say, I think they may be reasonably accurate, but they're certainly not 11% more than the men's.

If the logic on the dropoff rate being the same for both sexes is accurate, then I should redo the track time standards for women. The trouble with that is that the women will really do poorly if I do that. In Melbourne, for example, using the current standards (which favor women), the first woman in that handicap-mile race was 9th out of 21 finishers. A couple of people complained that the standards were "too hard" on the women.

Were you aware that the men would sweep the first nine places in the 10K AR comparisons? Does it disturb you? Or confirm what you've been saying all along? If we go with your target times (and/or my standards, based on your target times), do we have a Public relations problem with the women? Will they buy it?

AL

P.S. Also enclosed (#) are Marathon ARs. Your + my rankings are the same, ^{for top 12,} except for KRISTIANSON/BROWN.



NATIONAL MASTERS NEWS



The official world and U.S. publication for Masters track & field, long distance running and race walking.

May 14, 1988

Dear Mike:

Enclosed is a proposed new set of LDR time standards. Also enclosed, for quick reference, are the standards I sent you on February 26.

The new ones have been done by me, by hand. I had asked Chuck Phillips to do a revised computer model. He did, but I didn't like it. (I've also enclosed his revised version.)

I like my revisions, although there are three performances (by Davies, Irvine and Green) that go over 100%. I don't like that, but to lower those standards to 100% make all other stds. prohibitively difficult, it seems to me.

Obviously, because of that, it still needs more work, but I don't know how best to adjust it any better than this.

If you have suggestions, please let me know. Otherwise, I'd like to promote these tables nationwide through NMN and MAAD to get them used by race directors.

As you remember, these standards are based on the optimum performance for an age-group, which is generally a little below the current world record.

I used the chart you sent (printed in July NMN) to great advantage. I dovetailed the times in that chart to my revisions, with a few exceptions.

To simplify my task, the women's standards compare exactly to the men's 15 years older. Thus, the W55 standards are the same as the M70. This seems to work pretty well, although, in your chart, the gap closes in the upper age groups. Your chart thus penalizes the older males; or else my chart aids the older females. I'm not sure who is right.

For your info, to get the times, I spent a lot of time on the 5K, 10K and marathon, trying to line up WRs of open and masters. I then used a formula to get the other standards, to wit:

10K	- divide the 5K by .481
15K	- divide the 10K by .651
20K	- divide the 10K by .481

Marathon	- divide the 10K by .217
Half-Mar	- multiply marat. by .5
25K	- divide the 10K by .481

April 25, 1987

Dear Al,

Here is a profile on Julie Stiles. The still shot is of her and her daughter, Marianne. The action shot may be too dark to reproduce. I sent her a note and asked her to send a better action directly to you before May 10 if she has one.

I assume that my June column (Athletes and Wimps) was safely delivered by the post office.

Also enclosed you will find a somewhat lengthy table of times for various age groups at various distances. I would like this to be part of my July column on handicapping races. The reason I'm enclosing it now is to be sure you won't have any problems with space or layout. I also anticipate you will have problems with proofreading. If you'd like to have it typeset and send it back to me for proofreading, I'll gladly do it. Please let me know. As I'll be on vacation from May 20 to June 2, I'd like to get it done before I leave.

I'd like to suggest another use for the table besides handicapping races. That is, you can use it to determine the best performances in a road race and headline the best age class performances rather than just featuring the overall masters winner, as is usually done. For example, if Jim O'Neil does a 35:00 10-K (1:57 under his target time) and Barry Brown does 31:00 (59 seconds under his target time), you might give O'Neil the headlines and lead paragraphs rather than Brown. If Margaret Miller does a 39:56 in the same race (2 minutes under her target time), she beats both of them. It is much like the Twin Cities Marathon handicap system, but I believe my standards have more scientific base. I'll explain that in the column. These standards are not set at the record level, but at what I feel should be the "All America" level.

Also, please note that I added the "open" or 20-34 standards at the end. I did that as an after thought. You may want to move them to the front for comparison purposes.

Aloha!

Mike
Mike

P.S. Assuming my column on Frank Shorter went in the mag, I'd appreciate it if you'd send him a copy.

*890 Williambrook
Boulder, Co 80302* *gent*

Age Group Distance	70/62.2	61.5/51.7	40.5/27.2	62.5/54.7	64/52.2	57/49.2	53.5/45.7	44.5/46.7	40/37.2	40/32.2	34/26.2	72.5/69.7
	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	Open 20-34
M	14:55	15:24	15:55	16:27	17:03	17:49	18:49	20:07	21:50	24:08	27:39	14:28
5-K W	16:31	17:07	17:46	18:28	19:13	20:13	21:32	23:17	25:39	28:56	34:15	15:58
M	24:32	25:18	26:08	27:01	27:58	29:13	30:51	32:58	35:46	39:32	45:20	23:48
8-K W	27:07	28:05	29:08	30:16	31:30	33:09	35:18	38:10	42:02	47:27	56:12	26:13
M	31:00	31:59	33:02	34:09	35:22	36:57	39:01	41:43	45:16	50:03	57:26	30:05
10-K F	34:17	35:31	36:50	38:17	39:51	41:56	44:40	48:19	53:14	1:00:07	1:11:15	33:09
M	37:33	38:45	40:01	41:23	42:52	44:48	47:19	50:36	54:55	1:00:46	1:09:45	36:27
12-K W	41:33	43:03	44:40	46:25	48:20	50:52	54:12	58:38	1:04:38	1:13:02	1:26:30	40:10
M	47:33	49:03	50:41	52:25	54:19	56:46	59:59	1:04:10	1:09:40	1:17:06	1:28:30	46:08
15-K W	52:38	54:32	56:36	58:50	1:01:16	1:04:30	1:08:45	1:14:24	1:22:01	1:32:38	1:49:41	50:52
M	51:14	52:52	54:37	56:30	58:32	1:01:11	1:04:39	1:09:10	1:15:07	1:23:07	1:35:24	49:42
10M W	56:44	58:47	1:01:00	1:03:25	1:06:3	1:09:32	1:14:08	1:20:12	1:28:26	1:39:51	1:58:11	54:49
M	1:04:34	1:06:34	1:08:51	1:11:14	1:13:49	1:17:11	1:21:34	1:27:16	1:34:46	1:44:50	2:00:15	1:02:37
20-K W	1:11:32	1:14:08	1:16:57	1:20:00	1:23:19	1:27:43	1:33:30	1:40:10	1:51:30	2:05:48	2:28:41	1:09:07
Half-M Marathon	1:08:21	1:10:33	1:12:54	1:15:26	1:18:09	1:21:43	1:26:21	1:32:23	1:40:20	1:50:59	2:07:16	1:06:18
W	1:15:44	1:18:30	1:21:28	1:24:42	1:28:14	1:32:53	1:39:00	1:47:06	1:58:01	2:13:08	2:37:16	1:13:19
M	1:21:57	1:24:35	1:27:24	1:30:27	1:33:43	1:38:00	1:43:33	1:50:45	2:00:14	2:12:56	2:32:15	1:19:30
25-K W	1:30:49	1:34:07	1:37:42	1:41:34	1:45:47	1:51:20	1:58:39	2:08:19	2:21:17	2:39:13	3:07:46	1:27:45
M	1:39:36	1:42:47	1:46:13	1:49:54	1:53:52	1:59:02	2:05:45	2:14:27	2:25:53	2:41:07	3:04:18	1:36:36
30-K W	1:50:21	1:54:21	1:58:41	2:03:22	2:08:27	2:15:09	2:23:58	2:35:35	2:51:10	3:12:37	3:46:43	1:46:38
M	2:23:10	2:27:43	2:32:35	2:37:49	2:43:26	2:50:47	3:00:12	3:12:27	3:28:26	3:49:45	4:22:03	2:18:55
Mar. W	2:38:28	2:44:08	2:50:14	2:56:50	3:04:00	3:13:26	3:25:47	3:42:02	4:03:46	4:33:38	5:21:04	2:33:11

1524 Uluhao St.
Kailua, HI 96734

November 7, 1987

Dear Al,

Thanks for the age graded tables. I'm glad to see that you're doing this. And, I'm sure Jim O'Neil and Paul Reese will be pleased, too.

I don't understand how Chuck Phillips (who is he?) came up with his distance standards. His standards seem valid up to a mile, but he seems to have short circuited after that. The 5,000 to marathon standards are totally unrealistic, although it carries down through the ages. How he can come up with a 1:59 marathon as being the equal of a 3:49 mile is beyond me. I'd equate a 1:59 marathon to about a 3:20 mile and a 12:10 for 5,000 meters. The distortion seems to get progressively larger as he goes from 5,000 to the marathon. The marathon record might be a minute or two soft when compared with the 100 and mile records, but no way is a person going to run under two hours unless there is some scientific breakthrough. Then, he compares a 1:59 marathon for a male with a 2:22 for a female. It doesn't make sense. Did Jacqueline Hansen hire him?

I'm curious as to how you arrived at all even minute times in the marathon for men 45-50.

On chart #8, the women's standards don't correlate. A 14:20 for 5,000 is not the equivalent of a 30:14 10-K. It is equal in effort to a 29:48 10-K. That's quite a big difference. I'm referring to Jack Daniels' tables, which I believe are scientifically accurate. I've verified them with some calculations of my own, using world records and average rate of slow down per mile. On the men's table, Chuck shows a 12:43.7 as equal to a 26:30 for 10,000. He's much closer on that than on the women's. Daniels shows 12:43 as being equal 26:31. Then, Chuck shows a 30:14 for women being the equivalent of a 26:30 for men. That means the men have a long way to go to catch up with the women. If anything, the gap is going to close.

I'd really suggest you take another look at those standards before you print them. If you don't have the Daniels-Gilbert tables and would like them, you can obtain them by writing to Oxygen Power, P. O. Box 26287, Tempe, AZ 85282. The cost was \$9 plus \$1 for postage a few years ago, but may be up from that now.

Look forward to seeing you next month.

Pylla

860 1714
1718

602-833-3329
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NATIONAL MASTERS NEWS



The official world and U.S. publication for Masters track & field, long distance running and race walking.

February 16, 1988

Re: Age-Graded Tables

Dear Mike:

You were the only one who offered a concrete suggestion to the 1987 ^{Age-graded tables} I mailed on October 30.

Hopefully, you can do the same -- in even more detail, if you have time -- with these proposed 1988 tables.

Generally, I feel these are much more solid, with the possible exception of the distance events, which is your specialty.

Enclosed are four summary sheets:

- 1) Track Events.
 - a. The men's tables should be nearly 100% right. They're taken directly from Chuck Phillips.
 - b. The women's tables are my own, based roughly on a 15-year age difference. (i.e. a 50-year-old man should run the same time as a 35-year-old woman.) Chuck's tables had a 50-year-old man running the same as a 42-year-old woman, so I redid the whole thing.
- 2) Hurdles/steeplechase/walk. This may not be your area of expertise, but comment if you care to.
- 3) Field events. Same as #2.
- 4) Distance events. Both the men's and women's tables are directly from Dr. Track's 1988 "slow" tables, as opposed to his 1988 "fast" tables. His "fast" tables put the men's marathon OC (open class) at 1:59:19. He says that's realistic; that the marathon is long overdue for a quantum leap forward.

However, to placate me, he has churned out a "slow" distance chart, which I much prefer.

There is a problem with the women's 5K and 10K. I think he's too tough; and, if you compare his women's road 5K and 10K with my track 5K and 10K, they're different.

I hate that, but I'm exhausted with this stuff, and don't know what to do about it. Except to cop out and say people run faster on the road than they do on the



- 2 -

track, which is true; but, if true, then why don't the men's tables reflect that, etc. etc.

I've written for the Oxygen Tables, but haven't received a reply yet. I tried to phone Daniels, but two numbers given by the operator didn't answer.

It has always seemed to me that a 15-year difference between men and women was about right; maybe 16 or 17 in some cases.

On your chart (NMN, July '87) of Target Times:

- 1) The M50 5K (16:27) is about equal to the W35 5K (16:31), which confirms the 15-year difference.
- 2) The M70 5K (20:07) is about equal to the W60 5K (20:13), so that's only about a 10-year difference. My conclusion: the women's W60 time is too tough, or the M70 is too easy.
- 3) The M50 marathon is 2:37:49, about the same as the W35 marathon (2:38:28), again confirming the 15-year separation.
- 4) But, again in the older groups, the M70 marathon (3:12:27) is about the same as the W60 (3:13:26).
- 5) Moving into the ultra-older groups, the M80 10K (50:03) equates to about a 72-year-old woman.

In short, the tables say that the separation narrows with advancing age. But is that correct? If a 35-year-old woman can't compete with a 45-year-old man, why should a 60-year-old woman be expected to compete with a 70-year-old man?

Why should there be a 15-year difference in younger groups, but only an eight-year spread in the older groups? Do men age faster than women? That's what your target times seem to imply.

You say that the men's/women's tables are based on an 11% differential. Yet the M80 10K (50:03) is 17% faster than the W80 10K (60:07); the M60/W60 10K spread is 12%; etc.

Help!



SV Tapt = SR WR

M90 $15:55 \div 12:58.39 = 1.1871$

WR 200 $19.72 \times 1.1871 = 23.4$

M65 ~~18~~

2:07:12
2:21:06

7692
8466

7-20-87

Al,

I agree with you that using a percentage of the target time is a more accurate and fair way of making comparisons. In most cases, the result will be the same. The O'Neil vs Miller comparison was close enough that it was an exception. If you decide to go that route and end up delegating the work, be sure the person remembers to convert seconds to tenths. There is a tendency for many people to just divide minutes/seconds into minutes/seconds.

Have'n gotten around to getting my picture taken for the column logo. As I think I mentioned, I ~~feel~~ feel I should replace my 40-year-old mug with my 50-year-old face, although I don't think I've changed that much. Will get it to you for next column. I'm thinking about changing ~~the~~ column name, too.

The Runner's World column is diminishing to nothing. Started out as monthly. Then every other month. Just got a letter from Andy Burfoot last week that they're "column heavy" now and so my column will go only once every four months, rotating with Don Ulyett, Bob Glover, and Bob Rodale(?). Now that
(Continued)

Page 2

They've got your cousin, George, doing a monthly column. They don't need us plodders.

RW paid good, but wasn't much fun anyway, as scope and length were limited. Had to try and slant a column to their average reader — a 22-mile a week jogger, who has little interest in sports.

I thought the magazine was turning around and going back to being a running publication again. But it seems to have taken a real nose dive lately — back to being a health magazine. I guess that's what sells, and probably why WMMN will never grow to what you had hoped.

Hope to see you in Eugene. I'll be there the evening of the 13th, staying at The Hilton.

Alvha!

Alvha

7/9/87

Mike:

- Re your Target Times (July), and $\frac{1}{2}$ later, you suggest if Jim O'Neil does a 35:00 10K (1:57 under his Target time) and Barry Brown does 31:00 (1:59 under his Target time), we give O'Neil the head-line, rather than Brown.

Suppose we determined who ran faster as a percentage of his Target time.

Thus,

$$\text{BROWN: } 31:00 \div 31:00 = 109.2\%$$

$$\text{O'NEIL: } 36:57 \div 35:00 = 105.6\%$$

Same result, but different calculation

- You say if Margaret Miller does a 39:56, (two minutes under her Target time), she beats them both.

Using my calculation,

$$\text{MILLER: } 41:56 \div 39:56 = 105.07\%$$

- Thus, O'Neil beats Miller, using this system.

It seems the V. method is Fairer.
Do you agree? Or do you see a problem?

Anteaters Meet Held in Irvine, California

The 8th Annual Anteaters Masters Meet was held May 23 on the University of California at Irvine track in Orange County, Calif. The excellent facility and strong fields in almost every event produced close contests from the sprints through the weight events.

In the M50 100m, Nick Newton edged Roger Tsuda, 12.1 to 12.2, for the victory. Lew Beadle outlegged Will Robinson, 61.0 to 61.2, in the M55 400 race. Tina Stough had a little more distance on Katie Cunningham in taking the W35 400, 63.7 to 64.8.

The M40 800 winner, Wayne Pfeiffer, with a 2:13.0, left second place to Bill Perry by 9/10s of a second. In the M40 3000, Ron Ogilvy and Vince Sweeter were both timed in 10:13.0, with Ogilvy taking the race.

The M65 100mH race went to George Simon, who out-hurdled Tom Patsalis by a couple of strides, 20.0 to 20.2.

Decathlete Ray Fitzhugh won the M50 triple jump from sprinter Tony Nasralla by 1 1/2 inches with a 32-4 1/2.

Hal Smith and Stew Thomson had equal marks of 46-11 in the M50 shot put, Smith winning on a next-best mark. Thomson was again close but not close enough when Bob Humphries won the M50 discus from him, 164-5 to 163-2.

Outstanding individual marks included a 10:45.1 3000 by Pat Devine, M55; a 36:56.4 5000 race walk by Helen Bogue, W60; and a 15.5 in the 110mH by Larry Sallinger, M40.

Meet director was Dave Lewis. □



Two who didn't have such good luck at the Indoor Nationals in Madison. Phil Mulkey pulled a calf muscle before even competing and Wally Sokolowski's poles got lost! Better luck next time! Photo by Phil Raschker



M55 Jerry Donley takes third in the hurdles with a time of 9.81 at the Indoor Nationals, Madison, Wisconsin in March.

MAC Championships Staged in New York

The Metropolitan Athletic Congress Masters Track & Field Championships were held May 17 at Kings Point, N.Y.

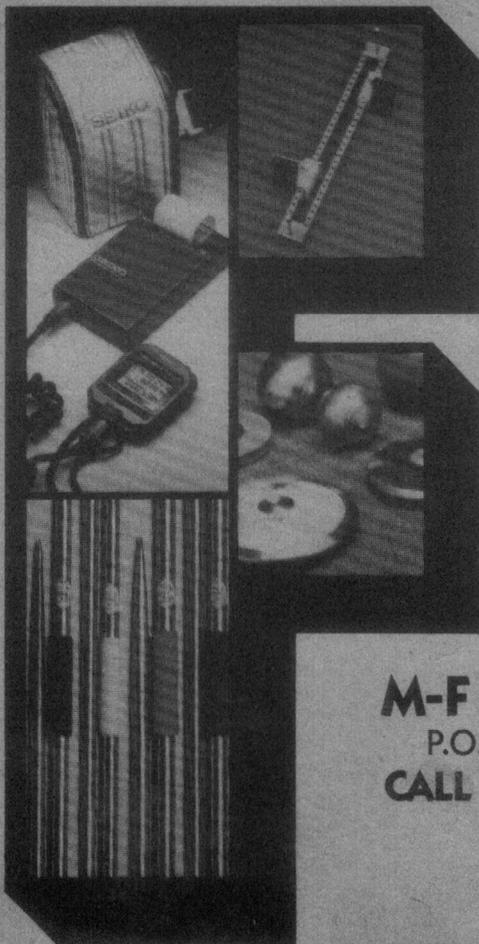
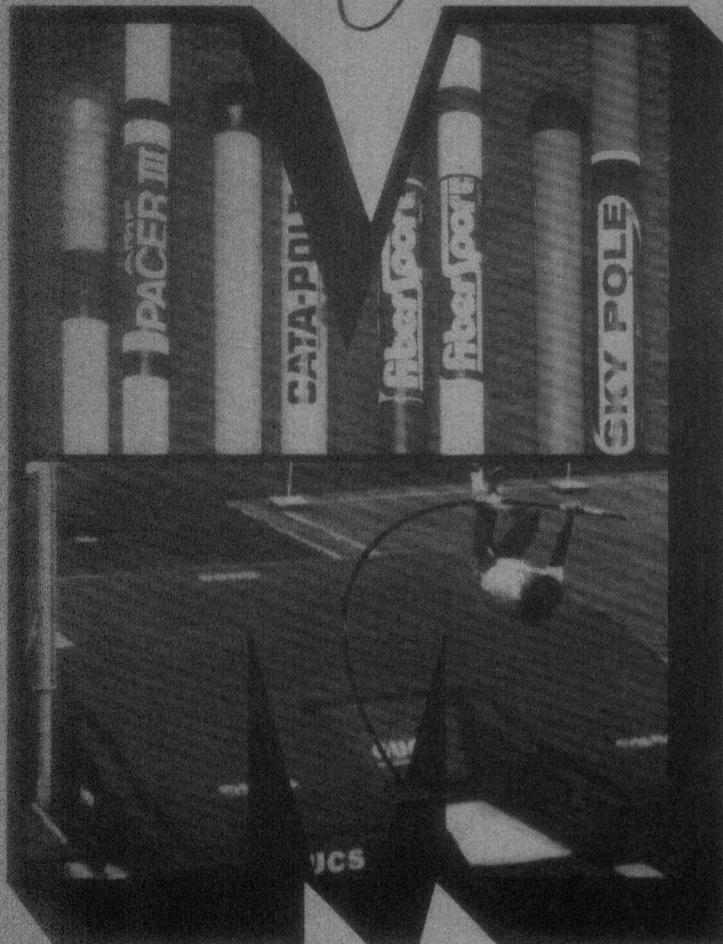
Among the top performances were a 200 in 26.8 and 400 in 61.1 by Muriel Simmons-McCord, 40. Both times are close to Irene Obera's national W40 marks of 26.1 and 59.9, respectively. Look for a great matchup between Simmons-McCord and Atlanta's Phil Raschker later this year.

Al Walton blazed to fast wins in the M35 100 (11.0) and 200 (22.2). Dick Rizzo demolished a strong field of eight with a 24.8 in the M50 200. Dawson Pratt (56.3) edged Cliff Pauling (56.5) in the M50 400, while Pauling posted a good 2:14.8 800. Bob Stanford, M45, logged a 54.6 400, while Bob Williams won the M45 100 (11.6) and 200 (23.3).

Gordon McKenzie clocked a good 18:11 in the M55 5000, lapping all other runners in all age groups. Tim Murphy (M45, 164-9) and Bob Youngs (M50, 159-4) turned in good javelin efforts. □

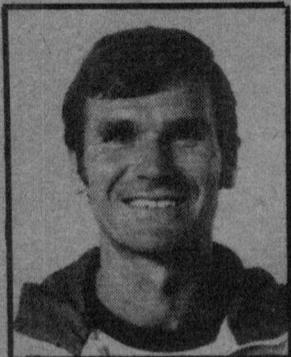


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THE GUN LAP

by MIKE TYMN

Avoiding Age-Class Clutter

With the average age of our national running population now estimated at about 37, it follows that nearly half of all road race participants are masters. As a result, we are seeing more and more attention being given to masters competition by race directors.

It wasn't too many years ago that races would offer an over-40 category and perhaps one for over-50 runners, but it would end there. The 49-year-old was forced to give away nine years to his younger competitors, while runners in their 60's and 70's would have to give away many more. There was little incentive for the senior masters runner to maximize his or her potential, beyond, of course, self-satisfaction.

There are now quite a few races offering more competitive opportunity for masters runners by means of five-year age groups extending on up to 80 and over.

Why don't all race directors go this

route? I believe it's because there is no real organized lobby among masters and, therefore, many race directors never give it much thought. They just carry over the same divisions from one year to the next.

Even the Boston Marathon organizers are slow to change. They have only three ten-year age groups. What's more, they offer cash prizes only to the fastest masters, thereby making it next to impossible for the over-50 and over-60 divisions to cash in.

Another possible reason some race directors do not adopt five-year age groups is that it creates a lot of clutter.

Add in the junior divisions, even five-year age divisions for the 20- and 30-year olds, not to mention separate divisions for men and women, and the director has himself about 30 different divisions. This adds to the award expense and draws out the awards ceremony. To put it very succinctly, it clutters things up.

That's why I feel a handicap system is the answer to avoiding age-class clutter. Instead of having numerous five-year age divisions for masters, there is only a single division. Men and women masters of all ages are in the same division. (It doesn't have to be limited to masters competition). Each runner is rated on how close to or how far under his or her target time he or she comes. The person closest to or farthest under his or her target time is the winner. Of course, the race director might want to give awards 10 or 20 deep to make up for the fact that three or more people in five-year divisions won't be receiving prizes.

This kind of system has been employed at the Twin Cities Marathon, the Norman K. Tamaha 15K in Honolulu, and in at least several other races that I know of, and has been very popular. Computerized results make it a very simple process to determine the winners. All that is needed is the target time to be fed into the computer before the race. The computer does all the figuring.

Under this kind of system, a 70-year-

Continued on page 7

Figuring The Target Times

The target times in the accompanying table are designed to achieve equality among age groups and between genders. In addition to serving as race handicap standards, they might also be used as All-America standards.

All of the standards are based upon Mike Heffernan, a Portland, Ore. runner, whose 31:59 was the tenth fastest 10K for 40-44 division Americans during 1985. Because there is much more experience at 10K than at any other distance, the tables of comparative performance established by physiologists Jack Daniels and Jimmy Gilbert and set forth in *Oxygen Power* were used to arrive at times for all other distances. For example, the Daniels-Gilbert tables shows Heffernan's 31:59 as equal in effort (not pace) to a 49:03 for 15K, a 1:10:33 for half-marathon, and 2:27:43 for the marathon.

The Daniels-Gilbert tables are based upon a VDOT reference number. That number for Heffernan is 67.5. Through analysis of records, as well as performances of elite masters who have been running in the masters arena for more than ten years, it was concluded that there is a loss of 2.5 VDOT every five years to about age 60. After that the loss begins to accelerate slightly. Therefore, the 45-49, 50-54, and 55-59 standards for men are based upon VDOT reference numbers of 65, 62.5, and 60, respectively. The 60-64 drops three points to 57, the 65-69 standard 3.5 points to 53.5, the 70-74 standard 4 points to 49.5, and so on.

Going up in age then, we can see that a 34:09 for a 50-54 males and a 45:16 for a 75-79 male are the equal of a 31:59 for a 40-44 male. That fact that only five 50-54 men and only one 75-79 male achieved those times in 1985 is consistent with the fact that the number of participants in each age group diminishes as the age groups go up. That is, there are roughly twice as many 40-44 competitors as there are in the 50-54 division and more than ten times as many 40-44 men as there are 75-79 men.

Since there is much more data available for men than for women, the standards for women were based upon the eleven percent factor. (The difference between world records for men and women at one-mile, 10-K, and the marathon is a near exact 11 percent). Applying this percentage to Heffernan's 31:59, a time of 35:31 was arrived at as an equal effort for a woman. Although no American woman achieved that time in 1985, 40-year-old Priscilla Welch of England recorded a 32:25, more than three minutes faster than the standard. Gabriele Andersen, also 40 and listed as a foreign runner in 1985, did 34:49.

Using the Daniels-Gilbert tables and the 2.5 + loss in age groups, the other standards for women were determined. □ — Mike Tymn

TARGET TIMES

		35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	Open 20-34
5-K	M	14:55	15:24	15:55	16:27	17:03	17:49	18:49	20:07	21:50	24:08	27:39	14:28
	W	16:31	17:07	17:46	18:28	19:13	20:13	21:32	23:17	25:39	28:56	34:15	15:58
8-K	M	24:32	25:18	26:08	27:01	27:58	29:13	30:51	32:58	35:46	39:32	45:20	23:48
	W	27:07	28:05	29:08	30:16	31:30	33:09	35:18	38:10	42:02	47:27	56:12	26:13
10-K	M	31:00	31:59	33:02	34:09	35:22	36:57	39:01	41:43	45:16	50:03	57:26	30:05
	W	34:17	35:31	36:50	38:17	39:51	41:56	44:40	48:19	53:14	1:00:07	1:11:15	33:09
12-K	M	37:33	38:45	40:01	41:23	42:52	44:48	47:19	50:36	54:55	1:00:46	1:09:45	36:27
	W	41:33	43:03	44:40	46:25	48:20	50:52	54:12	58:38	1:04:38	1:13:02	1:26:30	40:10
15-K	M	47:33	49:03	50:41	52:25	54:19	56:46	59:59	1:04:10	1:09:40	1:17:06	1:28:30	46:08
	W	52:38	54:32	56:36	58:50	1:01:16	1:04:30	1:08:45	1:14:24	1:22:01	1:32:38	1:49:41	50:52
10-M	M	51:14	52:52	54:37	56:30	58:32	1:01:11	1:04:39	1:09:10	1:15:07	1:23:07	1:35:24	49:42
	W	56:44	58:47	1:01:00	1:03:25	1:06:03	1:09:32	1:14:08	1:20:12	1:28:26	1:39:51	1:58:11	54:49
20-K	M	1:04:34	1:06:34	1:08:51	1:11:14	1:13:49	1:17:11	1:21:34	1:27:16	1:34:46	1:44:50	2:00:15	1:02:37
	W	1:11:32	1:14:08	1:16:57	1:20:00	1:23:19	1:27:43	1:33:30	1:40:10	1:51:30	2:05:48	2:28:41	1:09:07
Half-Marathon	M	1:08:21	1:10:33	1:12:54	1:15:26	1:18:09	1:21:43	1:26:21	1:32:23	1:40:20	1:50:59	2:07:16	1:06:18
	W	1:15:44	1:18:30	1:21:28	1:24:42	1:28:14	1:32:53	1:39:00	1:47:06	1:58:01	2:13:08	2:37:16	1:13:19
25-K	M	1:21:57	1:24:35	1:27:24	1:30:27	1:33:43	1:38:00	1:43:33	1:50:45	2:00:14	2:12:56	2:32:15	1:19:30
	W	1:30:49	1:34:07	1:37:42	1:41:34	1:45:47	1:51:20	1:58:39	2:08:19	2:21:17	2:39:13	3:07:46	1:27:45
30-K	M	1:39:36	1:42:47	1:46:13	1:49:54	1:53:52	1:59:02	2:05:45	2:14:27	2:25:53	2:41:07	3:04:18	1:36:36
	W	1:50:21	1:54:21	1:58:41	2:03:22	2:08:27	2:15:09	2:23:58	2:35:35	2:51:10	3:12:37	3:46:43	1:46:38
Marathon	M	2:23:10	2:27:43	2:32:35	2:37:49	2:43:26	2:50:47	3:00:12	3:12:27	3:28:26	3:49:45	4:22:03	2:18:55
	W	2:38:28	2:44:08	2:50:14	2:56:50	3:04:00	3:13:26	3:25:47	3:42:02	4:03:46	4:33:38	5:21:04	2:33:11