AGE-GRADING LIST
8/27/94

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AUSTRALIA

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FRESNO CA 93727

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W CROYDON
SURREY CRO 3JE
ENGLAND

OWEN FLAHERTY
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HAL HIGDON
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WELLESLEY-MA-02181

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8560 LAUF a.d. PEGNITZ
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SANTA MARIA CA 93455

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ATHLETIC DEPT MS-3070
COMMUNITY COLLEGES OF SPOKANE

SPOKANE WA 99204

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PETER RIGLER

SLEEPY LAKE MT 59686

PO BOX 416

KIM HAINES
I reviewed all of the results of the Buffalo Championships, as noted in the National Masters News.

Enclosed are the statistics.

Assuming that 900+ would equal a world class performance; 800+ national; 700+ regional; and 500-699 local, then only 31% of the winners turned in world class performances. The bulk of the winners (43%) only turned in national class times.

Both the male and female 55 year old division scored the best composite scores. Thereafter, there was a steady progression downward in each subsequent age group.

If WAVA wishes to keep to the theory that 900+ is world class then either the tables should be modified, or the number to be considered world class should be lowered to 850 or even 800.

If placing becomes the major determinant of "world class", then anyone reaching the final, or the top right, should have that designation. Taking the AG points of the last place finishers in all of the finals, only six scored over 900 points. I just got too tired to review all of the results for the last place finalists, but a cursory review would seem to indicate that the bulk of them scored 700 points or less.

I am aware that a few outstanding athletes can "warp" the tables, but I would argue that a finalist in the World Championships should be considered world class (except for performances on the level of Sun Bonnet Sue).

The bottom line being that you and the WAVA AG committee should say, "goodbye", to family and friends when you next review the tables, and be prepared to spend weeks on any revision of the tables.

I can't think of a more thankless job, other than being the parent of a teenager. Take my analysis for what it is worth - do not become insomniacs because of this epistle.
**WA Champs Age Grading Points**

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<th>AVERAGE PER</th>
<th>TOTALS</th>
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<tr>
<td>1000+</td>
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**Total # of Champions 385**

*Of the last place finishers listed in each of the 385 finals, noted in the National Masters News, only 6 scored higher than 900 points [ .0155%]*
August 28, 1994

Tony Lastra
SDAD. Deportiva
Correcaminos
Pintor Peiro, 10, 5ª
46010 Valencia
Spain

Dear Tony:

Thank you for your press release on the February 5 race. We will give it prominent attention in our publication.

Enclosed is the Age-Graded Tables Book, which features the single-age factors and standards for all track & field, long distance running, and racewalking events. It also contains a bit of explanation and charts.

Please call or fax me if you have any questions, and keep me informed on the progress of the race -- how many entries, etc.

Sincerely,

[Signature]

Al Sheahen
Publisher/Editor
Valencia, May 26th, 1994

Al Sheahan
Chairman, WAVA Age-Graded Committee
P.O. Box 2372
Van Nuys, CA 91404, USA

Dear Al,

As you might remember, you wrote to us the attached letter in March this year, kindly answering our questions on our project to organize a compensated marathon. I am pleased to inform you that we have received all formal authorizations to make it, so the 1995 Valencia Marathon will be done this way, and so published in the Distance Running Aims magazine in September this year.

You told us you will send the 1994 tables of age-handicaps and we did not receive them yet. Would you please send them to us as soon as you can, since they will be published on our ads with your reference (do you agree?).

Thanks again for your help.

F. Boros
Public Relations, Press & Media

Paco Boros
Public Relations, Press & Media
March 7, 1994

Antonio de la Lastra  
President  
SDAD.Deportiva  
Correcaminos  
Pintor Peiro, 10,5.a  
46010 Valencia

Dear Senor de la Lastra:

I just received your letter of February 24, asking for advice on setting age-handicaps for your 1995 Marathon Popular De Valencia.

First, let me congratulate you on your plan to use age-handicaps. The race will be much more exciting and interesting with this method. And the winner should truly be the best runner, based on sex and age.

The method you have outlined, based on the 1989 WAVA age standards, is quite acceptable and should produce a good result.

However, if you'd like an even better result, may I suggest you use the new 1994 age standards, which will be finalized in about 14 days. I will be happy to send them to you when they are ready.

The current tables, while theoretically fair, tend to give a slight advantage to the younger groups and to the men. The new 1994 tables will correct that slight inequity.

I don't want to confuse things, but, if you would like to make the time handicaps even fairer, I suggest you divide all the current handicaps (or the ones from the 1994 tables) by 90%, assuming it's a good, but not great, field. If the field is only average, you could divide by 80%. If you want to know the reasons for that, please write and I'll tell you. It's a bit complicated.

So...if you did that, for example, the time difference between the W70 and W65, which is now 12:34, would be 13:58 (12:34 divided by .90). or 15:43 (12:34 divided by .80). Surprisingly, this works out to be somewhat fairer than the straight time method. As you can see, the process favors the older runner.

As I say, I don't want to complicate your commendable effort, but, it's a little extra something to think about.

I'll send you the 1994 tables in two weeks, Please keep in touch as to the progress of the race.

Sincerely,  
Al Sheahen, Chairman, WAVA Age-Graded Committee  
PO Box 2372, Van Nuys CA 91404. USA. Phone: 1-818-786-1981  
Fax: 1-818-989-7118 (temporar
Dear Sir,

Our Club "Sociedad Deportiva CORRECAMINOS" is organizing the MARATHON POPULAR DE VALENCIA for 14 years, and we have schedules the 15th edition for February 1995. Our race belongs to the Association of International Marathons and Road Races - A.I.M.S. for several years and is included in the annual calendar of I.A.A.F./A.I.M.S.

Our intention for this 15th edition is to organize a race with handicaps, and our preliminary studies are based on the attached tables released by a committee of W.A.V.A. where your name is given as the focal point for information.

Based on these tables, we have developed our handicap tables as well for men than for women, and we do have for both categories the lead times between the different age groups. Nevertheless, our intention being to have just one category at the finish line, we have set a 0:14:16 handicap between men and women (difference between men and women world records - 2:06:50 and 2:21:06). The conjunction age and sex handicaps established, we could consider that the marathon winner would be the first man or woman crossing the finish line.

We enclosed for your information the starting tables we have set.

Our schedule requires to conclude the project details and handicaps tables by middle of next month, so we would very much appreciate if you could give us before this date your approval, opinion, recommendations, warnings, etc..., to both the project itself and the time tables we have set.

We thank you in advance for your help, please receive our best sportive regards.

Antonio de la Lastra
President
La figura muestra un diagrama de cronograma con tiempos para hombres y mujeres. Los tiempos están desglosados en diferentes franjas de edad.

**MEN (HOMBRES)**
- 1st. START 9H.00'
- +70 años
- +12'34"
- 65 a 69 años
- +23'18"
- 60 a 64 años
- +32'32"
- 55 a 59 años
- +40'04"
- 50 a 54 años
- +46'09"
- 45 a 49 años
- +51'32"
- 40 a 44 años
- +56'38"
- 35 a 39 años
- +58'33"
- MENOS DE 35 AÑOS
- -4'46" DIF. WORLD RECORDS

**WOMEN (MUJERES)**
- +70 años
- +12'34"
- 65 a 69 años
- +23'18"
- 60 a 64 años
- +32'32"
- 55 a 59 años
- +40'04"
- 50 a 54 años
- +46'09"
- 45 a 49 años
- +51'32"
- 40 a 44 años
- +56'38"
- 35 a 39 años
- +58'33"
- MENOS DE 35 AÑOS
- -4'46" DIF. WORLD RECORDS
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<th>Address</th>
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<td>CHARLES DESJARDINS</td>
<td>PO BOX 2281, CARSON CITY NV 89702-2281</td>
<td>BRIAN OXLEY, 66 FELICITY DRIVE, SCARBOROUGH ONTARIO M1H 1E3, CANADA</td>
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<td>REX HARVEY</td>
<td>160 CHATHAM WAY, MAYFIELD HEIGHTS OH 44124</td>
<td>IVAR SODERLIND, GOKROPSVAGEN 5B, S-902 37 UMEA, SWEDEN</td>
</tr>
<tr>
<td>BOB PODKAMINER</td>
<td>PO BOX 160, MENLO PARK CA 94026</td>
<td>WILHELM KOSTER, HAYDNSTRASSE 28, D-6103 GRIESHEIM, GERMANY</td>
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<tr>
<td>DAVE SICONOLFI</td>
<td>1579 SPRINGFIELD AVE, NEW PROVIDENCE NY 07974</td>
<td>ANDRE FINDELI, 5 RUE DES RIEBAUPIERRE, F-68150 RIBEAUVILLE, FRANCE</td>
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<tr>
<td>LOUISE TOLSON</td>
<td>1080 NW 78TH AVE, PLANTATION FL 33322</td>
<td>GUISSEPPE GALFETTI, BAHNOFRASSE 1, CH-8956 KILLWANGEN, SWITZERLAND</td>
</tr>
<tr>
<td>BERNIE MOORE</td>
<td>18624 CLOVERCREST CIRCLE, OLNEY MD 20832</td>
<td>MARINA HORNÉCQUE-GIL, LES OBLADAS 3, LA MONTGODA, E-17310 LLORET DE MAR, SPAIN (ESPAÑA)</td>
</tr>
<tr>
<td>JOAN RIEGEL</td>
<td>COLUMBUS MARATHON, 6660 DOUBLETREE AVE #8, COLUMBUS OH 43229</td>
<td>PETRUCCI ENZO, FIDAL, LUNGOTEVERE FLAMINIO 76, 00100 ROME, ITALY</td>
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<td>MARTY POST</td>
<td>RUNNER'S WORLD, 33 EAST MINOR ST, EMMERIS PA 18098</td>
<td>ANTONIO DE LA LASTRA, SDAD, DEPORTIVA, CORRECAMINOS, PINTOR PEIRO, 10, 5.a, 46010 VALENCIA, SPAIN</td>
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<tr>
<td>ROBERT WISWELL, PhD</td>
<td>DEPT OF EXERCISE SCIENCES, PED-107, UNIVERSITY OF SOUTHERN CALIF., LOS ANGELES CA 90089-0652</td>
<td>DAVE WALTER, 16267-14TH AVE-SW, SEATTLE WA 98166-</td>
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<tr>
<td>KRIS RUSH</td>
<td>1177 OXFORD PLACE, SCHENECTADY NY 12308</td>
<td>LINDA BANNING, ROAD RUNNERS CLUB OF AMERICA, 629 S WASHINGTON, ALEXANDRIA VA 22314</td>
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RAY CALLAGHAN
6 YVONNE AVENUE
STH CROYDON
VICTORIA 3136
AUSTRALIA

BILL COCKERHAM
4957 E HEATON
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RURAL ROUTE 1
MELBOURNE, QUEBEC
JOB 2BQ
CANADA

KIRK-RANDALL
31-RICHMOND-ROD
WELLESLEY-MA-02181

JOHN BOYLE
PO BOX 1824
DELAND FL 32721
August 10, 1994

To: WAVA Council
From: Al Sheahen

Dear Friends:

Enclosed, at long last, is the new, revised, 1994 edition of the Age-Graded Tables Book.

WAVA was the driving force behind the creation and development of these tables, and I think the final product justifies the Council's commitment to the project. I think it's something of which we can all be proud.

WAVA is given full credit in the book as the body which researched and compiled the tables.

The concept of age-grading seems to be slowly increasing in acceptance. Several road races in England and the USA are using the tables to award prizes. A major road race in Spain is actually going to use the "time-handicap" start, based on the tables, early next year.

Hopefully, the instructions and examples in the first part of the book will be easy for most people to understand. A more detailed explanation of how the tables were developed is in the back pages.

If you have any questions or comments, please call or fax me or Rex.

Happy reading,

Al Sheahen
August 9, 1994

Dear Age-Graded Enthusiast:

The 1994 revision of the Age-Graded Tables has, at long last, been completed. The five-year tables have been approved by the World Association of Veteran Athletes (WAVA), and single-age factors and standards have been computer-prepared.

Enclosed is the revised Age-Graded Tables book, which includes age factors and age standards for ages 8 thru 100. Please enjoy it with our compliments.

If you have any questions or comments regarding the tables, please call/fax/write me at the number below, or Rex Harvey at 216-531-3000; 3366; or 216-446-0559 (h).

If you have any questions re the youth tables, please contact Chuck Phillips at 202-244-6321. Chuck researched and compiled the youth tables, and also computerized the five-year factors/standards into the single-age format.

Happy reading,

Al Sheahen
Editor
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
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<tr>
<td>Chuck Phillips</td>
<td>5130 Nebraska Ave. N.W.</td>
<td>Washington DC</td>
<td>20008</td>
<td></td>
</tr>
<tr>
<td>NORM GREEN</td>
<td>405 CURTIS CT</td>
<td>WAYNE PA</td>
<td>19087</td>
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<td>BASIL &amp; LINDA HONIKMAN</td>
<td>ROAD RUNNING INFO CENTER</td>
<td>SANTA BARBARA</td>
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<td>CHARLES DESJARDINS</td>
<td>5428 SOUTHPORT LANE</td>
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<td>PETE MUNDE</td>
<td>4017 VIA MARINA #C 301</td>
<td>VENICE CA</td>
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<td>BEV LAVECK</td>
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<td>MARIETTA GA</td>
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<td>ALAN JONES</td>
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<td>ROB CHAMPION</td>
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The first Oceania games in Fiji in 1982 saw Colleena gaining a first and second and two thirds. She has been a competitor at all of the Oceania Games to date, all of the NZ championships since 1980 with the exception of Invercargill 1982 and five world championships gaining a silver and three bronze medals in the relay, javelin, heptathlon and hurdles.

Colleena is not only a top competitor but also a top administrator, having served nine years as Treasurer of the Wellington Centre, is in her fifth year as Secretary to NZAVA, the keeper of Wellington Veteran records and NZAVA Women's records as well as compiling and editing the Wellington Vets newsletter.

Colleena and husband Jim willingly give of their time to help with coaching and encouraging veteran athletes.

They do this not only in their own Centre but whenever they are visiting other centres or competing in events around the country.

This March of this year Wellington will host the NZAVA Track and Field Championships and it is a certainty that Colleena will be heavily involved in the organisation of this important event on our calendar. Despite this she will almost certainly be competing as well.

---

**AGE-GRADED PERFORMANCES - SOMETHING DIFFERENT!**

By BRIAN KING

Centres and Clubs wanting something different for their programmes might give some thought to "Age-Grading" of performances.

When the Lynndale Club expressed a wish to donate a Trophy to the Auckland Veterans Association as a memorial to the late Ernie Haskell, the Association had to decide a reasonable basis for competition which would allow members of all ages, Men and Women, a fair chance to compete for this Trophy. It was decided that the Trophy be competed for in 3000m Track events over each season, and that all performances would be ranked using the US Masters "Age-Graded Tables". The winner is to be the Man or Woman with the highest-ranked performance.

So far, three races over 3000m have been held, and with one event to come, interest has started to build in both the actual results and how the tables work in practice.

Some of our members are keen that we extend this sort of thing to other events, and we are going to sort out Age-Graded performances for other events (e.g. 100m/Discus) over the season results as a trial to see how it all works out.

**HOW DOES IT WORK??**

The "Masters Age-Graded Tables" booklet includes various tables for different types of competition. Basically, however, there are two sets - "Age Factors" and "Age Standards". The Age Factor Tables are used for events where Men and Women are separate, and for comparing a person's performance at different ages.

We are using the "Age Standards", which are used for comparing performances in a single event or different events, among both sexes.

For each event the Tables include a Standard for each year of age for both sexes; the Standard for each age is in World Record range. For a particular running event, all you have to do is divide the Standard for the athlete's age by the time the athlete recorded (see examples below).

Note that the calculation takes place on seconds and part seconds, so that for longer events minutes must be converted to seconds - not difficult.

For a particular field event, the athlete's distance is divided by the Standard.

In both cases, the result of the calculation is a Performance Level Percentage which can be used to rank performances by all athletes.

Set out below are examples from our calculations so far for the 3000m event we are measuring on this basis:

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<th>Name</th>
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<th>Actual Time</th>
<th>Seconds</th>
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<td>82.03</td>
</tr>
</tbody>
</table>

By way of interest, for the runners listed above to best Murray Nelson' performance with (say) an 88% performance would require them to run the following times:

<table>
<thead>
<tr>
<th>Name</th>
<th>Actual Time</th>
<th>Seconds</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>George Pearce</td>
<td>10.47</td>
<td>573.0</td>
<td>87.32</td>
</tr>
<tr>
<td>John Dwyer</td>
<td>9.50</td>
<td>613.0</td>
<td>84.47</td>
</tr>
<tr>
<td>Lois Grimmer</td>
<td>10.10</td>
<td>655.0</td>
<td>82.03</td>
</tr>
</tbody>
</table>

All this seems to stack up pretty reasonably to me.
The 1994 Decathlon and Heptathlon Championships were held in Hastings on 8/9 January 1994 in conjunction with the Hagenson Memorial Multi Events Festival and the organisers were very pleased with the outcome of these first championships. The result speak for themselves as to the success but the organisers feel more success can be taken with the knowledge that a number of people did not enter because of trepidation with the hurdles and pole vault. Of the people that did enter there were at least half who felt the same trepidation and yet we had every athlete complete the hurdles and get a height in the pole. DENNIS SIBLEY of Canterbury (one could take others) is an example to illustrate and as a 72 year old he must have been nervous of the new event for him. In fact I heard him say after the discus “now to the unknown.” When the event was over and with the help of his fellow competitors and a realistic low starting height, he cleared 1.70m in the Marett Bros Pole Vault. The New Zealand record is 1.90m!!!

Reporting on a Multi Events Championships is very difficult because so many events have taken place and with so many personal best performances the problem is WHO DO YOU HIGHLIGHT? and what result is the one to feature? However New Zealand records and world class performances speak for themselves. ROSS FLETCHER of Waikato in the M50 cleared a NZ record 1.74m in the Campbell and Potts High Jump and scored 6029 points which would have put him in the top six in the World Championships. Local athlete MURRAY ANDERSON (M45) scored well with 5883 points which would have also put him in the top six at the Worlds and he did a NZ record time of 19.3 in the Omniiport Napier 110m Hurdles. These two results alone, plus what follows seems to indicate that some New Zealanders could well be better trying multi events than individual events, as we have good climate, facilities and perseverance to obtain skills.

The results in points is scored with a table produced by WAV (to be produced in a later issue) and this puts all of our results as veterans on the same basis as open grade athletes. We will be producing an overall ranking list later this season to show how athletes of all ages rate on the national scene. Back to the present with the championships being disappointing from a female perspective with more than half the entries not fronting up to the competition. Of those that did a close points race overall developed between COLLEENA BLAIR of Wellington and local JOANNE ANDERSEN with Colleena leading Jo by 3797 points to 3789 points. Colleena had a good Thomsons Suits Hurdles with Jo’s top event being a 1.40m in the Aparima Lodge High Jump.

Others to show potential on the world scene were NIGEL TOY of Auckland (M50) with a strong all around performance finishing with 5112 points and CHARLIE DEACON (M60) who was rapt with his opening three events, Grovedale Coolstores 100m in 13.6, Coffee Davidson Long Jump in 4.69m and The Running Room Shot Put with 10.92m. Charlie scored 5235 points and he now knows what to do to get closer to a world class 6000 points. The winners of their grades will hold the New Zealand records and so we now have targets for multi-events competition but all competitors were winners in the sense of overcoming a nervousness about this competition and completing a hard but enjoyable weekend.

PS On comparing these results it is interesting to note that DENNIS SIBLEY and BILL NICHOLSON would have finished first and third respectively in the M70 and JOANNE ANDERSEN a close fourth in the W40 in the recent World Championships in Japan.

### Decathlon

<table>
<thead>
<tr>
<th>Name</th>
<th>100m</th>
<th>Long Jump</th>
<th>Shot</th>
<th>H Jump</th>
<th>Medley</th>
<th>Results</th>
<th>Total</th>
<th>Total pts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brian Dayle</td>
<td>11.00</td>
<td>5.77</td>
<td>6.12</td>
<td>4.22</td>
<td>1.18</td>
<td>313.60</td>
<td>648</td>
<td>753</td>
</tr>
<tr>
<td>Murray Anderson</td>
<td>12.30</td>
<td>5.65</td>
<td>5.80</td>
<td>4.79</td>
<td>1.67</td>
<td>303.60</td>
<td>648</td>
<td>753</td>
</tr>
<tr>
<td>Denis Ebley</td>
<td>14.00</td>
<td>4.50</td>
<td>4.33</td>
<td>3.72</td>
<td>1.26</td>
<td>348.80</td>
<td>617</td>
<td>724</td>
</tr>
<tr>
<td>Michael Clarke</td>
<td>14.90</td>
<td>4.30</td>
<td>3.86</td>
<td>3.13</td>
<td>1.29</td>
<td>273.80</td>
<td>512</td>
<td>624</td>
</tr>
<tr>
<td>Ross Fletcher</td>
<td>13.20</td>
<td>5.02</td>
<td>4.68</td>
<td>3.70</td>
<td>1.74</td>
<td>273.80</td>
<td>512</td>
<td>624</td>
</tr>
<tr>
<td>Nigel Toy</td>
<td>13.10</td>
<td>4.97</td>
<td>4.60</td>
<td>4.11</td>
<td>1.41</td>
<td>338.80</td>
<td>569</td>
<td>683</td>
</tr>
<tr>
<td>Charlie Deacon</td>
<td>13.60</td>
<td>4.69</td>
<td>4.89</td>
<td>3.96</td>
<td>1.26</td>
<td>424.80</td>
<td>523</td>
<td>648</td>
</tr>
<tr>
<td>Jack Powell</td>
<td>14.70</td>
<td>4.11</td>
<td>5.80</td>
<td>3.67</td>
<td>1.36</td>
<td>308.80</td>
<td>539</td>
<td>653</td>
</tr>
<tr>
<td>Jim Blair</td>
<td>14.50</td>
<td>4.13</td>
<td>5.90</td>
<td>3.16</td>
<td>1.33</td>
<td>273.80</td>
<td>512</td>
<td>624</td>
</tr>
<tr>
<td>Ivan Stevenson</td>
<td>14.50</td>
<td>4.06</td>
<td>4.90</td>
<td>3.74</td>
<td>1.17</td>
<td>273.80</td>
<td>512</td>
<td>624</td>
</tr>
<tr>
<td>Denis Ebley</td>
<td>15.40</td>
<td>3.61</td>
<td>4.90</td>
<td>3.02</td>
<td>1.14</td>
<td>273.80</td>
<td>512</td>
<td>624</td>
</tr>
<tr>
<td>Bill Nicholson</td>
<td>15.70</td>
<td>3.18</td>
<td>4.67</td>
<td>3.15</td>
<td>1.00</td>
<td>273.80</td>
<td>512</td>
<td>624</td>
</tr>
</tbody>
</table>

### Heptathlon

<table>
<thead>
<tr>
<th>Name</th>
<th>Hurdles</th>
<th>Javelin</th>
<th>Shot</th>
<th>Total</th>
<th>Total pts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joanne Andersen</td>
<td>14.16</td>
<td>649</td>
<td>1.40</td>
<td>759</td>
<td>804.10</td>
</tr>
<tr>
<td>Colleena Blair</td>
<td>17.60</td>
<td>697</td>
<td>1.00</td>
<td>678</td>
<td>804.10</td>
</tr>
<tr>
<td>June Jacobs</td>
<td>dnf</td>
<td>1.06</td>
<td>873</td>
<td>378</td>
<td>804.10</td>
</tr>
</tbody>
</table>
DEAR AL,

I RECEIVED $75 MEET SUPPORT FOR OUR MONTANA MASTERS T&F MEET! THANK YOU AND YOUR COMMITTEE VERY MUCH. WE AWARD FINE MEDALS AND RUN A VERY SMOOTH MEET, BUT WE LOSE MONEY EVERY TIME. THIS REALLY HELPS, BOTH MONETARILY AND AS MORAL SUPPORT. THE 16TH ANNUAL MEET IS SET FOR JULY 29-30, 1994. WE WILL HONOR AL FUNK, WHO TURNS 80 IN JUNE, BY PUTTING HIS IMAGE ON OUR MEDAL. I STARTED THE MEET, AND I'LL KEEP IT GOING AS LONG AS I CAN.

OUR MEET USES MEDAL STANDARDS, AND I AM INTERESTED IN FINE-TUNING THEM. I BELIEVE I READ SOMEWHERE IN NMN THAT THE AGE-FACTORS ARE BEING RE-EVALUATED. I WOULD VERY MUCH LIKE TO SEE THE NEW SET OF STANDARDS AS SOON AS THEY ARE MADE AVAILABLE. THEY WOULD HELP ME EVALUATE MY MEDAL STANDARDS.

WE'VE GONE WITH MEDAL STANDARDS FOR 6 YEARS. I'VE CAUGHT SOME FLAK FOR THEM, BUT I'VE RECEIVED MANY MORE COMPLIMENTS ON THE IDEA. OUR ATHLETES APPRECIATE HAVING A DIFFICULT GOAL SET BEFORE THEM, A REAL
CHALLENGE. IT TOOK A FEW HUNDRED HOURS TO SET THE STANDARDS. THE AGE-GRATED TABLES HELPED TREMENDOUSLY.

I've enclosed a buck for postage, or just throw it in the pot.

Best Wishes,

Mike Carignan

P.S. — KNOW OF ANY OTHER MEETS THAT USE MEDAL STANDARDS?
February 15, 1994

National Master’s News
P.O. Box 2372
Van Nuys, CA 91404
ATTN: Editor Al Sheahen

Dear Mr. Sheahen:

Although I have several years remaining to prepare for my inauguration on the master’s running scene, as a geriatrician at the University of Michigan I have had a keen interest in age-associated changes in exercise physiology and how that relates to running performance. When I lecture to the first-year medical students at the University of Michigan, I utilize a slide which represents the world-record marathon times by age to illustrate several points regarding aging physiology. I point out that, although finishing times do increase with increasing age after they nadir in the mid-30s, that people into their late 70s are still running four-hour marathons. To emphasize the significance of this point, I have superimposed my own marathon times over the last seven years on the world record times. Even my marathon P.R., 3:08, does not place me near a world record, unless I am able to maintain this pace into my early 70s.

I am writing to request the following two items:

1. I believe that the data upon which the slide is based is no longer current. I would be appreciative if you would be able to send me the record marathon times for individuals over the age of 40, broken down either by year or by every five year brackets.

2. As a subscriber to Runner’s World, in a recent letter Hal Higdeon indicated that, by mentioning his name, you would be able to include a free copy of the National Master’s News. Perhaps if I get a several-year head start on the training tips provided in this newsletter, I will be able to get a head start on the competition when I turn forty in 1996.

Thank you very much for providing me with this information. You can be assured that it will benefit not only me personally, but also the medical students that I have an opportunity to share this information with.

Sincerely,

Mark A. Supiano, M.D.
Assistant Professor of Internal Medicine
Assistant Research Scientist, Institute of Gerontology
Dear Al,

Just a quick note as I want to get these results in the mail this afternoon, and afternoon is fast disappearing.

How was Japan? We are all waiting to see how the WAVA Champs went with so few non Japanese competing.

I'm excited to hear that the next ones will be in the states again. I'll be sure to be there. Also hoping to get out to Eugene next summer.

Thanks to you and the age adjustment tables, we have had our first race in New Jersey where they were used. The East Brunswick 10K had a separate category as part of their awards. Hugh Sweeney, 49, became the winner with his adjusted 30:29, and Victor Cruz, 54, was second with his adjusted 30:35. On the women's side, I won the race with my adjusted 37:07. I would gloat over that but I actually had a lousy race and finished 2 minutes slower than last year.

My writing career is continuing to grow. I'm now writing a running column for another newspaper and doing features for them, as well as covering races apart from my results stories.

I've enclosed two columns about the age adjusted times and another one that we will never see printed in a national publication. At least not one that carries shoe advertising.

I've got to dash.

Madeline
Dear Al,

Do you have the new WAVA tables in machine-readable form, e.g. on diskette? I assume the data are on a computer somewhere and I would be far more eager to add them to my program if I didn’t have to type them all in. Joe McDaniel has offered to type them in but this seems unnecessary.

I really like the new tables. It’s great that you’ve included the younger ages. I also like the fact that there is now a smooth transition for runners about 35 years old rather than the jump which used to exist between 34 and 35.

I will be changing my program to allow the race director to report a percentage performance, e.g. 96.87% of what a person that age is capable of. This was a suggestion of Joe McDaniel.

Regards,

Alan Jones

August 6, 1994
Bryan Patterson

wants software package

in A-G

215-439-1665
Thank you for your cooperation on this project which we are very excited about. It appears to be picking up some momentum and broader support. I have had a favorable response from both the U.S. Masters Swimming Association and the U.S. Cycling Federation, and am still trying to "track" down sources for masters runners with which your assistance would be very helpful.

For this study, we are interested in looking at multiple health outcomes such as coronary heart disease (CHD), cancer of all types (male, female and combined), hypertension, skeletal muscular problems (e.g. overuse injury, back, osteoporosis etc.), reproductive and child bearing concerns for women, etc. Due to the fact that some outcomes occur less frequently than others (e.g. cancer vs CHD) or are gender specific (e.g. breast and prostate cancer), we need to achieve as much statistical power as possible in order to make meaningful comparisons of rates for various diseases. Thus, total sample size (N) is very important and we need everyone who is willing to participate in the study. All participants will have the opportunity to provide signed informed consent based upon a clear explanation of what the study is about. Knowing that we will not achieve 100% response, we are exploring ways to increase our initial N and I thought of the possibility of contacting similar running groups in Canada. Do you have any information regarding Canadian running organizations or names that I might contact? We discussed the idea that a small pilot study (n = 50 to 100) with which to evaluate our survey instrument would be very useful both for our information as well as any potential funding agency.

At our most recent project meeting we discussed some specific questions with which you could help us. It was suggested that the easiest and most efficient way
to proceed might be for us to pay your organization a fee for a complete copy of
the database either on disk, tape or hardcopy if any of these are possible. We could
then spend our time rather than yours, gleaning the information we need such as
descriptive statistics on age by gender distributions, geographical location, date of
birth, date and length of membership, etc., and any other relevant information. We
could also generate the random subsample of people to use for the pilot study. If
the database expense is high, we could pay a preliminary upfront amount (pre-
proposal) to be followed by an additional amount if we get funding. Regarding use
of the database, we would be happy to have a contractual agreement clearly
defining the research purpose, use and confidentiality of the database. Let me
know if this is possible and what your fee would be? Other questions of interest
are: a) criteria for membership? (if any), and b) are dropouts or unrenewed
members retained in the database or purged? We understand that this request may
require time for approval. Of immediate need would be a list of all the variables in
the database. If you could get back to me as soon as convenient, that would be
helpful.

Thanks.

[Signature]