

**ATTENTION! WINNERS OF 100-METER DASHES!**

Congratulations! As the winner of the 100-meter dash in your age division, you are invited to compete in the special National Masters News Age-Graded 100-meter Championship on Sunday afternoon, July 9, shortly after the completion of the 200 finals.

There will be two competitions: one for men, one for women. You will be given a "distance-handicap" based solely on your age and sex. In other words, the M30 winner will run the full 100 meters, while the W50 winner, for example, will run only 87.6 meters (see distances to be run for each age below).

It's a lot of fun, with the goal to find out who's the fastest of the fast. Not only fun, but the first three winners of each competition will receive \$100 (first), \$30 (second) and \$20 (third) from the National Masters News.

Since only eight lanes are available, we must know who is competing no later than Saturday, July 8 at 8 p.m. So please sign the declaration sheet before then, or you will automatically be scratched.

In the event more than eight sign up for each race, we will run seeded sections, with the winners based on the fastest times from both sections.

Note: If a foreign athlete won your division, the winner and the USA champion are both invited to participate.

Note: If the winner cannot participate for some reason, the second-place finisher is not invited. Sorry.

This is traditionally one of the most exciting events of the Nationals. It often results in a five- or six-person photo finish. Hope you can make it.

**DISTANCES TO BE RUN IN AGE-GRADED RACES**

Age	Men	Women	Age	Men	Women
30	100.0	100.0	65	80.4	77.5
31	100.0	100.0	66	79.7	76.7
32	100.0	100.0	67	79.0	75.9
33	100.0	99.7	68	78.3	75.1
34	99.3	99.0	69	77.6	74.3
35	98.6	98.2	70	76.9	73.6
36	98.0	97.5	71	76.1	72.7
37	97.4	96.8	72	75.3	71.8
38	96.7	96.0	73	74.5	71.0
39	96.1	95.3	74	73.7	70.1
40	95.4	94.6	75	73.0	69.2
41	94.8	93.9	76	72.1	68.3
42	94.2	93.2	77	71.2	67.3
43	93.6	92.5	78	70.4	66.4
44	92.9	91.8	79	69.5	65.4
45	92.3	91.1	80	68.6	64.5
46	91.7	90.4	81	67.7	63.5
47	91.1	89.7	82	66.7	62.4
48	90.5	89.0	83	65.8	61.4
49	89.9	88.3	84	64.8	60.4
50	89.3	87.6	85	63.9	59.3
51	88.7	87.0	86	62.8	58.2
52	88.1	86.3	87	61.8	57.1
53	87.6	85.6	88	60.8	56.0
54	87.0	85.0	89	59.7	54.9
55	86.4	84.3	90	58.7	53.8
56	85.8	83.7	91	57.8	52.6
57	85.2	83.0	92	56.7	51.3
58	84.7	82.4	93	55.3	50.1
59	84.1	81.7	94	54.2	48.9
60	83.5	81.0	95	53.1	47.7
61	82.9	80.3	96	51.8	46.4
62	82.3	79.6	97	50.8	45.1
63	81.6	78.9	98	49.4	43.8
64	81.0	78.2	99	48.2	42.5
			100	47.0	41.2

# Making the grade

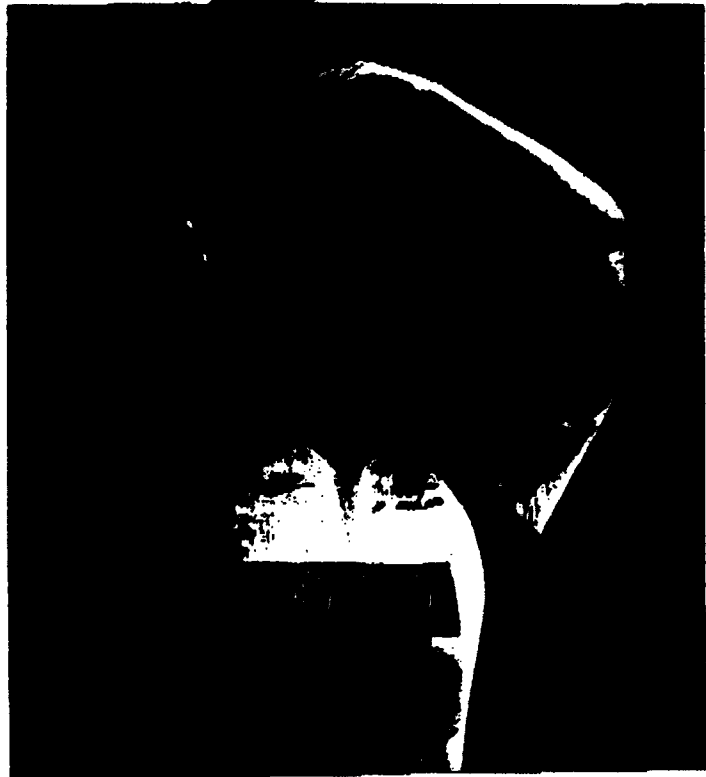
Why does track and field doubt age-grading when the system is so widely accepted in road-running?

Words: Martin Duff Picture: Allsport

**T**HE concept of age grading for assessing the best veterans, irrespective of age, in road races, is now widely accepted, both in this country and in America. But there is considerable debate as to its usefulness in track and field.

Certainly, the idea of deciding on the 'victor ludorum' from a track and field meeting is as old as the sport itself, but the use of tables to decide the best has never been tested.

At senior level the 'man of the match' award, at league fixtures, is all rather subjective, despite the fact that decathlon scoring tables could easily have been adapted to ease the assessment. The WAVA age-graded tables, for track and field, set standards for single ages from the age of eight to 100, yet even the BVAFA will spurn the use of the tables when they are assessing the best performances at the National Veterans' Championships at Exeter next month.



There are anomalies in the system. Why, for example, is the percentage deterioration with age different for the shot, discus and hammer? A 57-year-old woman is deemed to be able to perform the same as a senior with the shot and discus, but not with a hammer, where a five per cent fall-off is assumed.

Judy Oakes has performed well as a veteran and her 18.68m effort in 1994, which topped the W35 shot putt rankings, represents an age-grading of only 87.1 per cent. Yet this performance was clearly world class, not only for a veteran, but also for a senior.

Yet under the WAVA age-grading definition, 87 per cent is only of 'National Class'! Oakes' discus best of 47.82m, despite topping the British 1994 lists, only represents a modest 64.7 per cent age-

grading (only worth a mention as 'Local Class'). Surely something is wrong with the system.

On the other hand, consider Evaun Williams' W55 hammer best of 45.02m set when winning the event in last year's European vets' championships in Athens. This represents 97.6 per cent on the age-grading tables. Perhaps Williams is *relatively* that much better than Oakes, but this could be considered doubtful.

The table (left) takes some British 1994 top rankers and looks at their age graded proportion. Initial perceptions indicate that the percentage grading is wrong.

Is Jenny Brown's 1.72m high jump really worth less than Veronica Boden's 400 hurdles run? And how about Williams' hammer effort, age-graded at 97.6 per cent?

## How the top British women measure up

Name	Event	Performance	Age-graded %
Veronica Boden	W35 400	56.5	68.8 per cent
Judy Oakes	W35 SP	18.68	87.1 per cent
Cath Pemberton	W55 800	2:08.7	90.7 per cent
Jo Thompson	W35 5,000	16:13.43	66.7 per cent
Evaun Williams	W55 HT	45.02	97.6 per cent

## In brief

**■** KIRK... marathon bro... medalist in the 1992 Olympics, celebrated her 40th birthday with... are inv... Keith Norman (21? Derrymore Road, Wall... his section... and not 7.43m as previously reported. It was set by Germany's...