



**THE RACE SERIES
AGE-GRADING: A SYSTEM TO COMPARE ALL PERFORMANCES**

Some of you may first come aware of age-grading when an older clubmate who you have comfortably beaten informs you, “Ah, but I beat you on an adjusted time”.

It's strange how many people get interested in the system just as they reach the age when personal bests are becoming a thing of the past. However, anything that gives a new dimension in competitiveness to those who are fighting a losing battle against the ageing process is worth encouraging.

IT IS THE AGE-GRADING SYSTEM THAT IS BEING PROPOSED TO FORM THE BASIS OF THE CLUB RACE SERIES

There is more than one way of comparing performances. The chart below is simple to use, and allows all member to compare their achievements.

	5-25K	Marathon
Open	1.0000	1.0000
M35	0.9724	0.9724
M40	0.9430	0.9560
M45	0.9125	0.9251
M50	0.8804	0.8926
M55	0.8441	0.8926
M60	0.8038	0.8053
M70	0.7192	0.7728
M75	0.6757	0.7292

	5-25K	Marathon
Open	1.0000	1.0000
W35	0.9696	0.9845
W40	0.9376	0.9516
W45	0.9037	0.9176
W50	0.8684	0.8819
W55	0.8285	0.8414
W60	0.7842	0.7965
W65	0.7384	0.7501
W70	0.6911	0.7021

How to use the table:

Say runner A (Troop), an open competitor, ran 31:10 for 10KM, Runner B (Seaton), a V40, ran 33:00, and Runner C (Smythe), a V60, ran 38:00.

Troop gets no adjustment (multiply by 1.0000), but Seaton's adjustment (0.9430) gives him 31:07 and Smythe (0.8038) 30:33. Victory for old man Smythe!