

Road Age Standards – WMA 2010

The first Road Age Standards were developed in 1989 under the auspices of WAVA. The standards were derived from historical performance data and have been revised several times since then to more accurately reflect additional performance data. The tables establish a performance level for each gender for each distance for each age for most standardized distances. In this manner every performer can compare their performance against the standard and against every other athlete's performance against their standard.

In the USATF Championship Races the vast majority of prize money in our championships is based upon the highest age grade percentage, thus allowing a 60 year old to compete with a 40 year old. At the Half Marathon Championships in February, 2010, the top two age-graded awards went to a 58 year old woman and a 60 year old man followed by a 45 year old man who was the overall champion.

How do these charts work? The standards are expressed in seconds. Simply find your standard for your race by finding the number at the location where your age and the distance run intersect. Convert your finish time to seconds and divide that time into the standard – the quotient produced will be your age grade %.

The following are some general guidelines as to how well your performance measures up:

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|------------|---|
| Above 100% | Usually, at least, a record setting performance for that age and distance |
| 100% | Approximate world record level |
| Above 90% | World Class Level |
| Above 80% | National Class Level |
| Above 70% | Regional Class Level |
| Above 60% | Local Class Level |

If you have any questions regarding age grading please contact Don Lein at dmlein@earthlink.net .