

Sidewinder 10K – Age and Gender Graded Scoring Chart

| WAVA Age Correction Factors for 10K Running | | | | | |
|---|--------|-------|--------|----------------------------|--------|
| Men | | Women | | Women - Normalized Factors | |
| Age | Factor | Age | Factor | Age | Factor |
| 10 | 0.859 | 10 | 0.843 | 10 | 0.760 |
| 15 | 0.957 | 15 | 0.959 | 15 | 0.865 |
| 20 | 1.000 | 20 | 1.000 | 20 | 0.902 |
| 25 | 1.000 | 25 | 1.000 | 25 | 0.902 |
| 30 | 1.000 | 30 | 1.000 | 30 | 0.902 |
| 35 | 1.000 | 35 | 0.997 | 35 | 0.899 |
| 40 | 0.968 | 40 | 0.959 | 40 | 0.864 |
| 45 | 0.933 | 45 | 0.919 | 45 | 0.829 |
| 50 | 0.898 | 50 | 0.879 | 50 | 0.793 |
| 55 | 0.862 | 55 | 0.838 | 55 | 0.756 |
| 60 | 0.824 | 60 | 0.795 | 60 | 0.717 |
| 65 | 0.783 | 65 | 0.751 | 65 | 0.677 |
| 70 | 0.740 | 70 | 0.703 | 70 | 0.634 |
| 75 | 0.694 | 75 | 0.651 | 75 | 0.587 |
| 80 | 0.642 | 80 | 0.595 | 80 | 0.536 |
| 85 | 0.584 | 85 | 0.532 | 85 | 0.479 |
| 90 | 0.514 | 90 | 0.457 | 90 | 0.412 |
| 95 | 0.419 | 95 | 0.358 | 95 | 0.323 |
| 100 | 0.264 | 100 | 0.198 | 100 | 0.179 |

The World Association of Veteran Athletics (WAVA) publishes age correction factors for all running events and both male and female competitors. These numbers are used to compare performances at different ages to determine the 'real' quality represented by any finishing time. An Age Adjusted Time is calculated by simply multiplying the actual time by the Correction Factor for that age. Notice that for men aged 20 to 35 and women aged 20 to 30 the correction factor is 1. These are considered to be the peak running years for the 10K event and so Actual and Age Adjusted times are the same. To account for gender in performance the women's factors are 'normalized' by multiplying them by the ratio of world best or 'standard' times for women to the 'standard' for men. An abridged version of the WAVA tables is given above (the tables themselves are huge). We've done some geeky math to get all the numbers for any age (even down to the day!!). In our race we use the men's factors and the normalized women's factors to allow young, old, women and men to compete against each other on a level playing field. Welcome to the Panathlon!! Have fun. You might be surprised to see who you 'beat.'