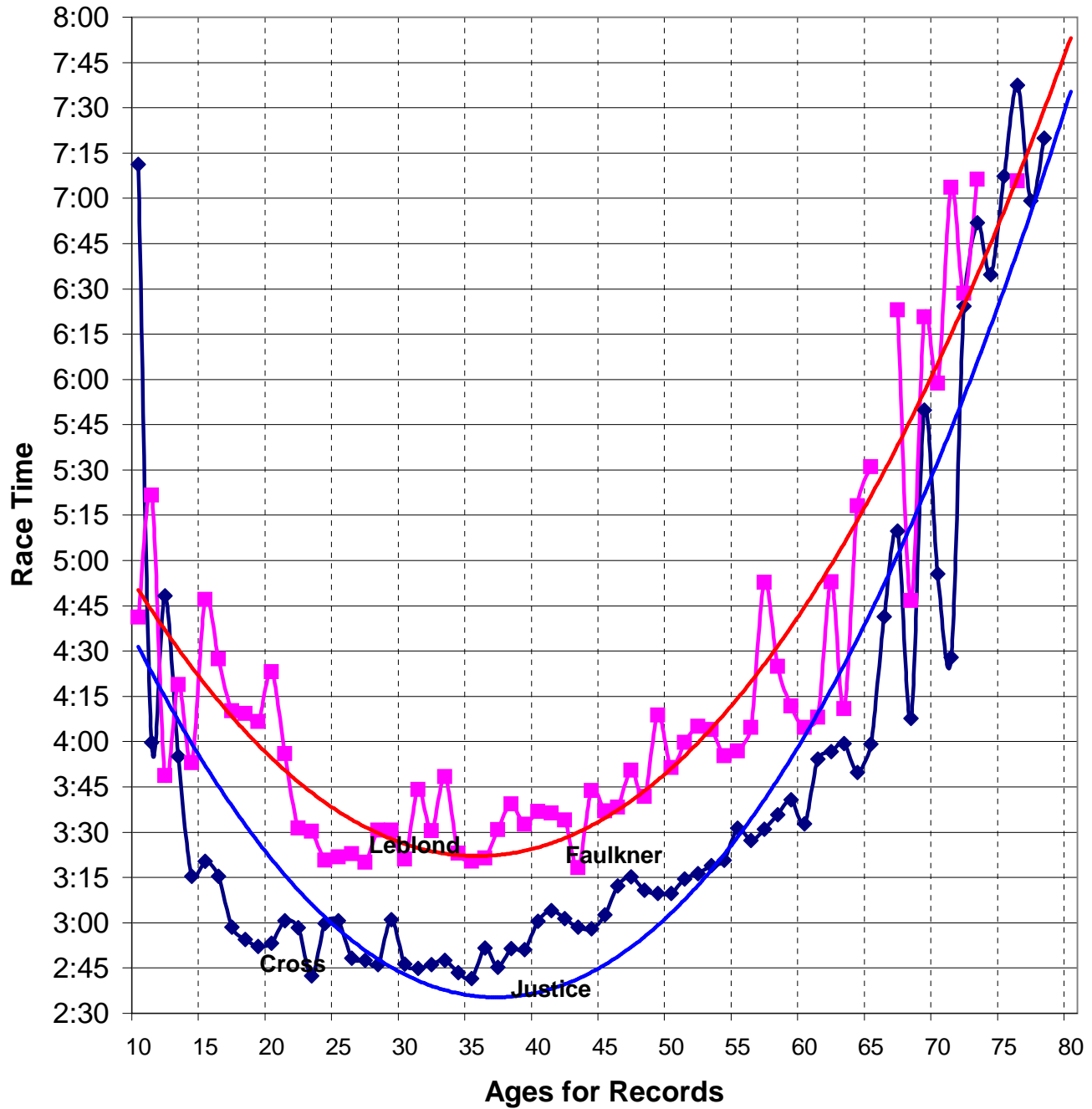


Equinox Marathon Year-by-Year Age Records Comparison of Men's v. Women's Age Records with Trendlines



This graph displays the year-by-year age group records for women and for men. In addition to the actual data, the graph includes trend lines which show a smoother version of the data. As you can see, although there are some anomalous numbers at the old and young extremes of the age records, the 20-to-55-year old range is remarkably consistent.

Also, note that the trendlines for women and men nest nearly perfectly. This means that the peak performance years for women and for men are virtually the same: 30-40 is the narrowest part of the peak, and 27 to 42 or 43 a little broader peak. It's worth noting that the three fastest times by women have been at either end of the peak (Faulkner at 42 and Leblond at 27) and right in the middle (Devine at age 36). The top men's times cluster much more closely in the middle of the peak years. Other than Pat Cross's second-fastest-ever 2:42:20 at age 23, the other five fastest times were recorded by Stan Justice between the ages of 31 and 37.

The difference between the sexes actually seems to increase with age. In the 20's, the typical difference is just over half an hour; by the time runners get to the late 40's, the difference gets closer to one hour. So, either we have very tough young women (or weak young men), or we have very tough old men (or weaker older women). It will be interesting to see if these curves change significantly over time.