



Guide to Age Adjustment Website Changes

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Overview

- ▶ Following the agreement at the 2023 AGM to adopt Age Adjustments, the VTTA website has had the following changes
 - ▶ “Age Adjustments” are used in preference to “Standards” to benchmark how performance varies with age, gender and machine
 - ▶ “Age Adjusted Time” and “Age Adjusted Distance” are used in preference to “Plus” and “Minus” for measuring performance on standard
- ▶ The values for the new system of (AA/AAT/AAD) and the old system (standards, plus and minus) may appear on the same screen for ease of comparison

Definitions 1

- ▶ Age Adjustment
 - ▶ For solo machines, the Age Adjustment = standard for specified age, gender and machine minus the standard for 40 year old male solo bike rider
 - ▶ If my standard is 26 minutes for 10 miles and the standard for a 40 year old is 20 minutes, the age adjustment is 6 minutes
 - ▶ For tandem machines, the Age Adjustment = tandem standards for specified ages, genders and machine minus the tandem standards for two 40 year old male tandem bike riders
 - ▶ The Age Adjustment was formerly known as Vet's Handicap
- ▶ Age Adjusted Time and Age Adjusted Distance
 - ▶ The age adjustment is subtracted from a distance event actual time, or added to a time event actual distance, to get the Age Adjusted Time or Age Adjusted Distance (AAT/D)
 - ▶ If I ride 10 miles in 25 minutes (with my age adjustment of 6 minutes) then my age adjusted time is 19 minutes
 - ▶ The Age Adjusted Time or Distance was formerly known as Vet's Handicap Result

Definitions 2

- ▶ Average Actual Speed (shown for information in the season long competitions)
 - ▶ = Sum of Average Speeds in Qualifying Events / Number of Qualifying Events
 - ▶ This formula is unchanged, and is used in the Individual Competition screen - last column
- ▶ Adjusted Speed
 - ▶ = Event Distance / Age Adjusted Time *or*
 - ▶ = Age Adjusted Distance / Event Time (12 and 24 hours)
 - ▶ The Adjusted Speeds will be calculated in mph to 3 decimal places rounded down
- ▶ Average Adjusted Speed (This is what used to calculate positions in the season long competitions)
 - ▶ = Sum of Adjusted Speeds in Qualifying Events / Number of Qualifying Events
 - ▶ This formula replaces the calculation of Aggregate (plus)
 - ▶ The Average Adjusted Speed will be calculated in mph to 3 decimal places rounded down

Changes

1. Results screen – change from showing plusses to Age Adjusted Time or Distance (AAT/D)
2. Individual and Tandem standards – for the selected event type, the website generates tables of age adjustments for each age (there is an option to select standard tables or age adjustment tables)
3. Individual standards – a new file to download standards and age adjustments has been provided
4. Competitions –the aggregate calculations for all SLCs, Individual, Groups and Clubs for 2023 onwards are based on average speeds calculated using adjusted time or distance; previous years are unchanged-
5. Standards Awards –the “My Profile” “Standards” screen includes age adjusted time or distance in the baseline table and improvements table

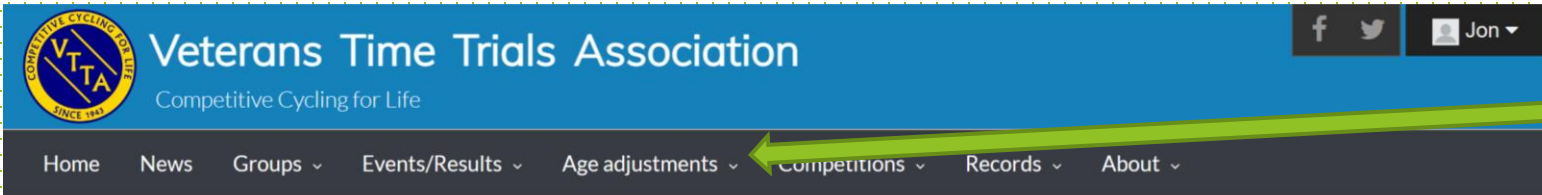
Results screen

This screen is redesigned to work with results from all years, and to show old and new terminology to ease transition

- ▶ Reordered columns
 - ▶ Std position changed to “Adjusted position”
 - ▶ AAT/D (new)
 - ▶ Std+-”
 - ▶ Scratch position (default order as at present)
 - ▶ Time changed to Time/Distance
- ▶ New column “AAT/D”
 - ▶ For distance events shows AAT value as hh:mm:ss (no + or - sign)
 - ▶ For time events shows AAD value as ddd.dd
- ▶ Riders with no AAT or AAD value (or no position on standard), are listed at the end, so when riders are sorted on AAT, they appear in order of ranking, with unranked riders at the bottom of the list

Adjusted position	AAT / AAD	Std±	Scratch position	Time / Distance	First name	Last name	Gender	Club
1	00:20:03	+00:06:03	31	00:23:32	Deborah	Moss	Female	Springfield Financial Racing Team
2	00:20:47	+00:05:19	10	00:21:59	Adrian	Hughes	Male	Seamons CC
3	00:21:13	+00:04:53	14	00:22:08	Kevin	Blades	Male	360cycling
4	00:21:20	+00:04:46	16	00:22:10	Jarod	Garrington	Male	Velotik Racing Team
5	00:21:28	+00:04:38	14	00:22:08	Alan	Broadbent	Male	Graham Weigh Racing-Deeside Olympic
6	00:21:33	+00:04:33	33	00:24:06	Arthur	Winstanley	Male	Liverpool Phoenix CC (Aintree)
7	00:21:41	+00:04:25	32	00:23:57	David	Wright	Male	Warrington Road Club/Horton Light Engineering
8	00:21:46	+00:04:20	8	00:21:46	Stephen	Dooley	Male	Seamons CC
9	00:21:49	+00:04:17	18	00:22:44	Kevin	Larmer	Male	Port Sunlight Wheelers
10	00:21:52	+00:04:14	29	00:23:23	Andrew	Smith	Male	VC Glasgow South
11	00:21:53	+00:04:13	13	00:22:06	Barry	Murphy	Male	Graham Weigh Racing-Deeside Olympic
12	00:21:54	+00:04:12	9	00:21:58	Matthew	Welsh	Male	Graham Weigh Racing-Deeside Olympic
13	00:22:19	+00:03:47	25	00:23:09	Paul	Shallicker	Male	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers
13	00:22:19	+00:03:47	47	00:27:00	Janet	Fairclough	Female	Liverpool Phoenix CC (Aintree)
15	00:22:23	+00:03:43	30	00:23:29	Mark	Liptrot	Male	Graham Weigh Racing-Deeside Olympic

Individual Standards screen



Top level menu item changed to “Age Adjustments”, sub-menu item changed to “Individual Age Adjustments”

Individual Age Adjustments

Standard Time/Distances

Display mode: Age Adjustments

Distance: 10 Mile

Time: Select time

Custom Time/Distances

Download

Age	Men	Men (Trike)	Women	Women (Trike)
40	0:00:00	0:01:54	0:02:27	0:04:35
41	0:00:04	0:01:59	0:02:32	0:04:41
42	0:00:08	0:02:03	0:02:36	0:04:46
43	0:00:13	0:02:08	0:02:41	0:04:51
44	0:00:17	0:02:13	0:02:46	0:04:56
45	0:00:21	0:02:18	0:02:51	0:05:02
46	0:00:26	0:02:22	0:02:56	0:05:07
47	0:00:30	0:02:27	0:03:01	0:05:13
48	0:00:35	0:02:33	0:03:06	0:05:19
49	0:00:40	0:02:38	0:03:12	0:05:25
50	0:00:45	0:02:43	0:03:17	0:05:31
51	0:00:50	0:02:49	0:03:23	0:05:37
52	0:00:55	0:02:55	0:03:29	0:05:43
53	0:01:01	0:03:01	0:03:35	0:05:50
54	0:01:06	0:03:07	0:03:42	0:05:57
55	0:01:12	0:03:13	0:03:48	0:06:04

Title Text changed to “Individual Age Adjustments”

Filter to select Age Adjustments or Standards (default Age Adjustments) When Age Adjustment selected, columns show Age Adjustments for each distance or time When Standard selected, columns show age Standards for each distance or time, as at present

Guidance on Age Adjustments and Age Changes

Under download a new file containing Standards and Age Adjustment tables is provided

Tandem Standards screen

The screenshot shows the 'Tandem Age Adjustments' screen. The top navigation bar includes 'Home', 'News', 'Groups', 'Events/Results', 'Age adjustments', 'Competitions', 'Records', and 'About'. The main title is 'Tandem Age Adjustments'. On the left, there are input fields for 'Rider 1 Age' (48), 'Rider 2 Age' (45), 'Rider 1 Gender' (Male), and 'Rider 2 Gender' (Female). Below these is a 'Tandem Type' dropdown set to 'Bicycle'. A filter dropdown is set to 'Standard Time/Distances'. Under 'Display mode', 'Age Adjustments' is selected. 'Distance' is set to '10 Mile'. 'Time' is set to 'Age Adjustment Standard'. A search icon and 'Custom Time/Distances' are also visible. A table on the right shows tandem standards for ages 45 and 48. A 'TANDEM AGE ADJUSTMENT' button is at the bottom of the table. A blue message box at the top says 'Please enter two ages on the left panel and click the 'calculate' button to view the tandem standards.' Green arrows point from the text on the right to these specific elements.

Age	Value
45	0:01:22
48	0:00:17

Top level menu item changed to “Age Adjustments”, sub-menu item changes to “Tandem Age Adjustments”

Title Text changed to “Tandem Age Adjustments”

Filter to select Age Adjustments or Standards (default Age Adjustments)

When age adjustment selected, value show Age Adjustments

When Standard selected, value show Age Standards, as at present

Text is set to Tandem Standard or Tandem Age Adjustment, according to selection

Under download a new file containing Standards and Age Adjustment tables is provided

Individual Competition screen

Age Adjustment changes only apply to screens from 2023 onwards, screens from 2022 and before do not change! 2022 screen here is an example, as there is no 2023 data yet

Competition Results (Individual Display)

Competition Type: Sport distance

Year: 2022

Gender: --SELECT--

Club: [input]

Name: [input]

Group: All

Position From: [input] Position To: [input]

Filter

Position	Gender	Position	Name	Club	Group	Gender	10 miles	10 miles	25 miles	25 miles	Average Adjusted Speed	Average Actual Speed
1		1	Angela Carpenter	...a3crg	Wessex	Female	00:20:24	00:21:23	00:52:41	00:52:28	34.62 mph	28.64 mph
2		2	Arja M. Scarsbrook	Team Echelon	West	Female	00:24:50	00:24:46	01:03:15	01:03:26	33.35 mph	33.94 mph
3		1	Kevin Tye	VeloRefined Rule 5	Kent	Male	00:19:06	00:19:30	00:50:03	00:51:13	33.36 mph	30.11 mph
4		2	Conrad Moss	Primera-Teamjobs	West	Male	00:18:46	00:18:51	00:46:12	00:46:17	33.08 mph	32.17 mph
5		3	Keith Ainsworth	Lindsey Roads Cycling Club	North Midlands	Male	00:20:17	00:20:25	00:51:01	00:51:06	32.92 mph	29.43 mph
6		4	Andrew Grant	Cambridge CC	East Anglian	Male	00:21:15	00:21:24	00:53:34	00:53:48	32.78 mph	28.04 mph
7		5	Keith Dorling	Team Bottrill	East Anglian	Male	00:20:29	00:20:19	00:51:52	00:52:00	32.57 mph	29.15 mph
8		3	Jackie L. Field	CC Ashwell	East Anglian	Female	00:21:42	00:22:27	00:56:40	00:58:05	32.57 mph	26.66 mph
9		4	Linda G. Dewhurst	Team Milton Keynes	London & Home Counties	Female	00:22:59	00:22:45	00:58:50	01:01:45	32.31 mph	25.57 mph
10		6	Mark W. Vowells	San Fairy Ann CC	Kent	Male	00:23:09	00:23:20	01:00:47	01:02:29	32.24 mph	25.08 mph
10		5	Joy Payne	High Wycombe CC	London & Home Counties	Female	00:23:32	00:23:15	01:00:48	01:00:46	32.21 mph	25.16 mph

Changed “Average Speed” to “Average Actual Speed” (title change only)

Changed from “Aggregate” to “Average Adjusted Speed”

Individual Competition Screen detail

Home News Groups ▾ Events/Results ▾ Age adjustments ▾ Competitions ▾ Records ▾ About ▾

Competition Results (Individual Display) VTTA home » Competition Results

[Export](#) [Export with breakdown](#)

Position	Gender	Name	Club	Group	Gender	10 miles	10 miles	25 miles	25 miles	Average Adjusted Speed	Average Actual Speed
1	Female	Angela Carpenter	...a3crg	Wessex	Female	00:20:24	00:21:23	00:52:41	00:52:28	34.62 mph	28.64 mph

Event Name	Event Name	Event Date	Course Code	Event Distance/time	Age Adjustment	Age Adjusted time/distance	Machine	Age On Day
33591	East Anglian VTТА (Preference to VTТА members)	03/09/2022	E2/10	10 Miles	00:03:35	00:16:49	BIKE	53
25186	Newbury Velo	24/04/2022	H10/17P	10 Miles	00:03:35	00:17:48	BIKE	53
31769	Finsbury Park CC	06/08/2022	F2A/25	25 Miles	00:09:09	00:43:32	BIKE	53
34295	Cambridge CC (including VTТА National Championship)(Pref to VTТА members)	11/09/2022	F2A/25	25 Miles	00:09:09	00:43:19	BIKE	53

Age Adjustment changes only apply to screens from 2023 onwards, screens from 2022 and before do not change! 2022 data is used to show what results for 2023 will look like

Title is “Age Adjustment”
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Value is Age Adjustment for event distance/time

Title is “Age Adjusted time/distance”

Value is Age Adjusted time/distance

Note the meaning of “Adjusted” in the old “Adjusted Plus time/distance” column means to multiply the plus by a factor depending upon the event. This is not the same meaning as the new terms ‘Adjusted Time’ or ‘Adjusted Distance’

Group competition screen

Competition Results (Group Display)

Last Updated on: 25/04/2023

Competition Type: Short distance

Year: 2022

Filter

Position	Group	Aggregate
⊖ 1	East Anglian	32.26 mph
	Name	Club
	Andrew Grant	Cambridge CC
	Keith Dorling	Team Bottrill
	Jackie Louise Field	CC Ashwell
	Matthew Smith	Drag2zero
	Chris Dyason	Cambridge CC
	Darran John Bennett	Ely & District CC/B&T Motor Repairs
⊕ 2	West	31.98 mph
⊕ 3	London & Home Counties	31.41 mph
⊕ 4	North Lancashire & Lakes	31.35 mph
⊕ 5	Wessex	31.26 mph
⊕ 6	East Midlands	31.13 mph
⊕ 7	Surrey/Sussex	30.93 mph
⊕ 8	Midlands	30.68 mph

Aggregate is now Average of Average Adjusted Speed of riders in group

Changed “Plus” header to “Average Adjusted Speed”

Changed “Plus” values to Average Adjusted Speed values

Changes only apply to years 2023 and later, years 2022 and before remain the same (2022 only used here for example)

Club competition screen

Competition Results (Club Display)

Last Updated on: 25/04/2023

Competition Type
Short distance ▾

Year
2022 ▾

Club

Filter

Position	Club	Aggregate
⊕ 1	...a3crg	31.99 mph
Name	Group	Average Adjusted Speed
Angela Carpenter	Wessex	34.62 mph
Claire Emons	Wessex	32.1 mph
Virginia McGee	Wessex	29.24 mph
⊕ 2	Cambridge CC	31.84 mph
⊕ 3	Team Echelon	31.6 mph
⊕ 4	Team Bottrill	31.38 mph
⊕ 5	Legato Racing Team (LRT)	30.84 mph
⊕ 6	Drag2zero	30.69 mph
⊕ 7	Lindsey Roads Cycling Club	30.66 mph
⊕ 8	Springfield Financial RT	30.23 mph
⊕ 9	Ely & District CC/B&T Motor Repairs	30.09 mph
⊕ 10	Border City Whs CC	29.94 mph
⊕ 11	Bath Cycling Club	29.75 mph

Export

Aggregate is Average of Average Adjusted Speed of riders in club

Changed “Plus” header to “Average Adjusted Speed”

Changed “Plus” value to Average Adjusted Speed

Changes only apply to years 2023 and later, years 2022 and before remain the same (2022 only used here for example)

My Profile Standards Screen

Events/Results ▾ Age adjustments ▾ Competitions ▾ Records ▾ About ▾

Home » Jon Fairclough » Membership

My Profile	Membership Extras	Donations	Competitions	My Standards	
My Baselines					
Event	Date	Result	Plus	AAT/D	Target Time/Distance
10 Mile	06/05/2019	00:23:56	00:04:34	00:21:32	00:21:33
15 Mile	11/04/2021	00:40:03	00:03:22	00:35:56	00:40:32
25 Mile	09/06/2019	01:01:54	00:10:21	00:55:39	01:03:33
30 Mile	29/04/2018	01:19:15	00:07:24	01:12:06	01:21:43
50 Mile	13/06/2021	02:07:16	00:22:21	01:52:13	02:09:08
100 Mile	06/06/2021	04:34:46	00:39:29	04:00:18	04:39:09
12 Hour	05/08/2018	243.78 miles	59.32 miles	280.87 miles	232.79 miles
24 Hour	20/07/2019	385.83 miles	88.67 miles	468.62 miles	367.39 miles

Baselines may have been set before 2023, however we can still calculate and show Age Adjusted value for them

Added column to show “AAT/D”

The AAT/D value is “Std40 - Plus” for a distance event and “Std40 + Plus” for a time event, where Std40 is the standard for a male solo bike rider.

When a rider makes an improvement, it appears below this table in the listing of their improvements to claim. Similar changes are made to this table

Export file changes

All the export files have been changed to reflect AAT/D

- ▶ Standards Awards Order export
 - ▶ Add the Age Adjusted time or distance in Column L
- ▶ Individual Competition export
 - ▶ Change the Aggregate in Column L to Average Age Adjusted Speed
- ▶ Individual Competition with breakdown export
 - ▶ Change the Standard Time/Distance in Column K, S, AA, AH to Age Adjustment for Time/Distance
 - ▶ Change the Adjusted Time/Distance in Column L, T, AB, AI to Age Adjusted Time/Distance
- ▶ Group and Club Competition exports
 - ▶ Change Plus in Column E to Average Age Adjusted Speed
 - ▶ Change Aggregate values in Column F to sum of Average Adjusted Speed of riders in group/club

2021 standards download documents

- ▶ A 1 second error was found in 25% of the age adjustments defined in the VTTA handbook and website download file during testing of the website changes
- ▶ This error has been corrected and new download documents are available in the Age Adjustments page and in the Documents page
- ▶ If you downloaded your copy of the Age Adjustments from the Documents page of the website before March 14th then you should download the corrected version (the file is called “VTTA Age Adjustments and Standards 2021 Rev5”)
- ▶ If you downloaded your copy of the Age Adjustments from the standards page of the website before April 25th then you should download the corrected version (the download file is called “standards_2023”)
- ▶ Both documents have the same content and have the identification text “2021 Rev A” on each table - only the filenames differ.

Thank you!

End