

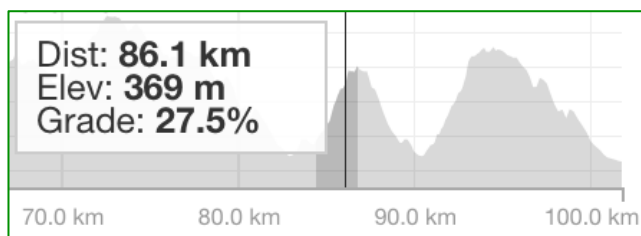


## 2015 Age-Weight Challenge

November 15<sup>th</sup> 2015 | 25°C

Coach Road, Adelaide, South Australia.

2.3km | Average 9% gradient, up to 27% at 'The Wall', 86km into the 6 hour Ride for Pain.



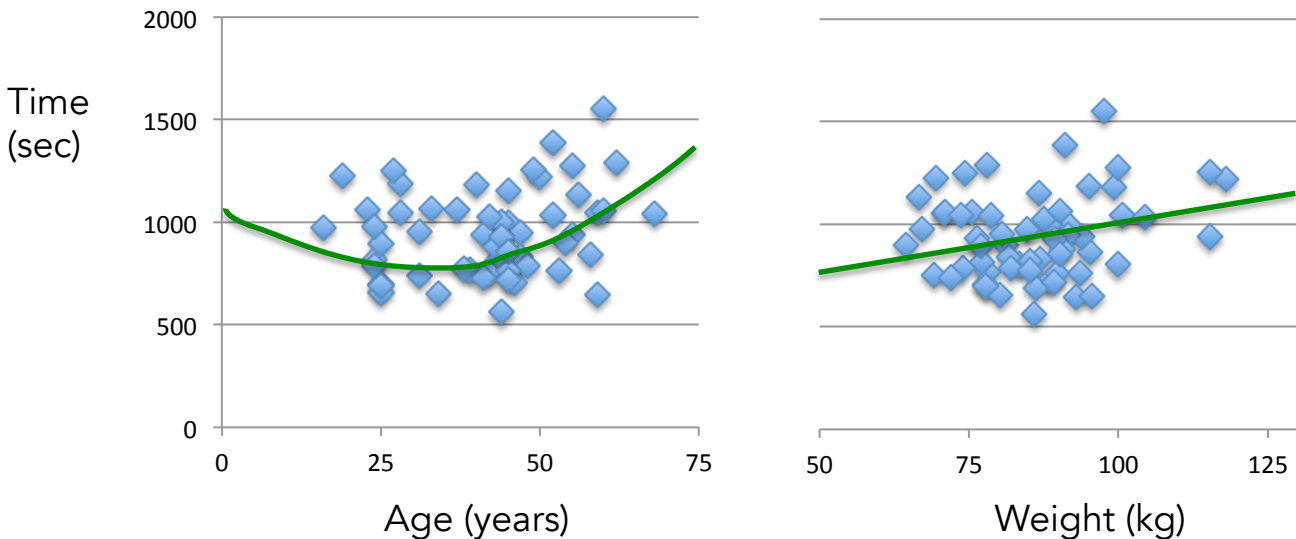
**Sam Drummond** defends his title by 1 second! John Allison in 2<sup>nd</sup>. **Lucy Bowden** wins the True QOM. Here are some stats for Lucy and the top 10 men

	Name	Age	Weight	Time	Predicted time	Error
1	Sam Drummond	44	85.9	9 20	15 43	6 23
2	John Allison	59	93	10 46	17 8	6 22
3	Keith Ryan	34	95.5	10 51	15 31	4 40
4	Tim Fielke	53	93.5	12 40	16 39	3 59
5	Peter Gilchrist	45	89.2	11 57	15 54	3 57
6	Alex Reilly	46	77.7	11 46	15 31	3 45
7	Chris Schwarm	25	80.2	10 55	14 31	3 36
8	Josh Simons	41	88.6	12 09	15 38	3 29
9	Lorimer Moseley	45	89.7	12 39	15 56	3 17
10	Oliver Connoly	25	86.2	11 30	14 45	3 15
1	Lucy Bowden	24	73.9	13 06	14 13	1 07

\*For analysis method, see page 3.

## Methods for calculating predicted time.

1. Scatterplots for Time vs Age and Time vs Weight (combined person plus bike) revealed a quadratic relationship for Time vs Age (Fig 1) and a linear relationship for Time vs Weight (Fig 2).



2. Linear regression with Time (dependent variable), Weight and (Age\_quadratic), calculating residuals and error from the model for each participant.

Model Summary <sup>b</sup>				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.283 <sup>a</sup>	.080	.048	201.141

a. Predictors: (Constant), age\_quadratic, weight  
 b. Dependent Variable: Time

3. All participants ranked according their ERROR. That is, how much quicker they were than the time that would be predicted on the basis of their age and weight. Because data from only three females was analysed, gender could not be included in the regression. Only participants for whom Strava data could be obtained from Strava.com or via email requests were included. According to us, 70 people were weighed in. Data were obtainable for 62 of those people.

4. Raw and adjusted times are shown for all 62 people on the following pages. The list is ranked according to performance on adjusted times, or, more accurately, relative difference between predicted and actual time.

Name	Age	Min	sec	predsec	erroresec
Sam Drummond	44	9	20	943	383
John Allison	59	10	46	1028	382
Keith Ryan	34	10	51	931	280
Tim Fielke	53	12	40	999	239
Peter Gilchrist	45	11	57	954	237
Alex Reilly	46	11	46	931	225
Chris Schwarm	25	10	55	871	216
Josh Simons	41	12	9	938	209
Lorimer	45	12	39	956	197
Oliver Cunneller	25	11	30	885	195
Ben Leske	43	13	23	973	170
David Moen	25	11	38	865	167
Joseph W	48	13	8	949	161
Eugene Qinn	58	14	2	996	154
Rob Greenwood	38	12	55	919	144
Cem.kibar	42	12	31	895	144
David Mc	39	12	44	906	142
Alex M	46	13	26	945	139
Peter George	31	12	18	866	128
Andrew Spear	47	13	50	957	127
Chris Gary	44	13	42	941	119
swoopingturtle	45	14	13	957	104
Andrew	44	14	23	965	102
Biddi87	55	15	41	1010	69
Matt Reilly	43	14	42	950	68
Lucy Bowden	24	13	6	853	67
Jimmy Birk	41	15	41	1002	61
Edward H	24	13	36	861	45
Brandon Yip	54	14	55	934	39
Chrisxu	44	14	55	931	36
Ray W	44	15	27	951	24
Craig	47	15	47	968	21
Peter.Mayr3	68	17	23	1044	1
Anjun	41	15	28	928	0
Andrew Thomas	59	17	28	1046	-2
Georgy L.	44	15	31	919	-12
SteveHaz	52	17	13	1021	-12
Max Nelson	25	14	52	863	-29
Chris Bleby	45	16	34	960	-34
Glenn	44	16	38	949	-49
Marco Gleeson	31	15	52	886	-66
Mike Hastwell	60	17	34	980	-74
John Cantor	42	17	3	939	-84
Robert Allison	16	16	13	865	-108
Patrick Devian	24	16	20	837	-143
Luke	33	17	45	915	-150
Ryan Farquharson	37	17	38	882	-176
Ian	50	20	21	1044	-177
Teresa	56	18	51	949	-182
Toby John	28	17	28	862	-186
Gareth2	23	17	37	855	-202

<b>Name</b>	<b>Age</b>	<b>Min</b>	<b>sec</b>	<b>predsec</b>	<b>erroresec</b>
David Lill	45	19	12	948	-204
Wayne	49	20	56	1034	-222
Dan Han	40	19	44	960	-224
Mark Moore	55	21	16	1025	-251
Christy Boyle	55	20	44	1254	-260
Paul Heitmann	28	19	46	914	-272
Greg Staker	62	21	29	1008	-281
Sam Nelson	27	20	51	861	-390
Jazzmarta	19	20	23	833	-390
John Sebastiani	52	23	8	989	-399
Wheaton	60	25	53	1044	-509