

track NEWSLETTER

September 8, 1994

Morceli Under 8:00?

We originally said that Nouredine Morceli's 3000 WR of 7:25.11 was worth 8:00.72 for 2M. Oh-so-close to a legendary pair of back-to-back sub-4:00 miles!

We now think the Algerian superstar should indeed receive recognition for a sub-8:00. The formulae listed in our trusty *Little Blue Book* (and the books of other colors which preceded it), weren't the best possible, on reassessment. They were flawed both mathematically and conceptually. Good thing we have another little book of another color coming out in a few months!

Converting marks from one distance to another is tricky business. The shorter the races involved, the better the factor is, because the difference between the two distances is so short and the speed is relatively constant.

Interchanging 1500s and miles (or 3000s and 2Ms) is not so simple, and some statisticians don't even carry such conversions on their lists.

The time differential in the longer races is also complicated by the fact that the runners aren't moving at a constant speed. Invariably, the finish is faster than the start. How then to come up with a reliable conversion? The basic answer is that you can't come up with a *real* figure. The best you can hope to do is to produce an approximation that will serve you well for comparisons in a majority of cases.

It's our feeling that the best way to do that is simply to treat 1500/M and 3000/2M races as simple ratios of each other. This requires the leap of faith that the difference between the distances is small enough that the fatigue factor is negligible.

(If you don't believe it is, you open another can of worms, as you'd then need two conversion factors, one that accounts for fatigue as you go longer, and removes fatigue for going shorter. We don't want to open that can, opting instead for a simple conversion based on average pace.)

The bottom line is this, if we can bore you with a little math: a mile is 1609.344m (2M is 3218.88m). Therefore the mile is 7.2896% longer than 1500m, so if you want to know what a 1500 time is worth as a mile, multiply it (at the utmost) by 1.072896. Our trusty math consultant, Kevin Saylor, says that three of those decimals can safely be

rounded off for our purposes, leaving you with a multiplier of 1.073. Do *not* shorten to 1.07.

Using 1.073, a 4:00.00 time for 1500m becomes 4:17.52 (the *LBB* would have told you 4:19.20). Most importantly, Morceli's 7:25.11 becomes 7:57.60. Historic to the max, and we, like everybody else (other than a few sharp-eyed readers), missed it.

How do you go the other way? i.e., convert miles to 1500s and 2Ms to 3000s? Simply use the inverse of the other factor, meaning you multiply the yard times by 0.932. Ergo, a 4:00.00 mile is worth 3:43.68 (3:42.24 in *LBB*).

U.S. World Cup Teams

Men: 100—Vince Henderson, 200—Ron Clark, 400—Antonio Pettigrew, 800—Mark Everett, 1500—Jason Pyrah, St—Dan Reese, 5000—Dan Mayer, 10,000—Jim Westphal, 110H—Allen Johnson, 400H—Marco Morgan, 4 x 100—Henderson, Roland McGhee, Slip Watkins, Sam Jefferson, Jeff Williams, 4 x 400—Pettigrew, Everett, Jason Rouser, Calvin Davis, Darnell Hall, HJ—Jeff Wylie, PV—Scott Huffman, LJ—Dion Bentley, TJ—Reggie Jones, SP—C.J. Hunter, DT—Mike Gervelle, HT—Lance Deal, JT—Todd Riech.

Women: 100—Sheila Echols, 200—Chryste Gaines, 400—Jearl Miles, 800—Joetta Clark, 1500—Kathy Franey, 3000—Cassie McWilliam, 10,000—Laura LaMena-Coll, 100H—Sherlese Taylor, 400H—Tonya Lee, 4 x 100—Gaines, Wenda Vereen, Shantel Twiggs, Tisha Prather, Flirtisha Harris, 4 x 400—Harris, Kim Graham, Michele Collins, Rochelle Stevens, Dannette Young,

HJ—Karol Damon, LJ—Sheila Echols, TJ—Sheila Hudson-Strudwick, SP—Dawn Dumble, DT—Connie Price-Smith, JT—Donna Mayhew.

Modahl Super-Positive

The results on the "B" sample of British 800 runner Diane Modahl came up staggeringly positive in an August 30 test performed in Lisbon.

The confirming test on Modahl's "B" sample produced a stunning 40-1 testosterone-epitestosterone ratio. A 1-1 level is considered normal; a 6-1 ratio is usually enough

to be considered illegal.

Reports from Britain claim secret tests have been carried out on the 28-year-old Modahl to determine if she has a medical condition which could produce such a remarkably high ratio.

A contretemps arose between the IAAF and the British federation when the world body initially indicated Modahl would be suspended from the date of the first test.

The British protested over the 2-month gap between the "A" and "B" tests, a lag blamed by Portuguese officials on the relocating of equipment within the lab. The British claimed Modahl's suspension should date from the "B" test.

The IAAF originally took a very hard line with the Britons, saying they should be replaced by Russia in the World Cup, but a week before the meet, IAAF secretary-general István Gyulai conceded the British were "legally not incorrect" to insist they still be allowed to compete, although he did say, "Regrettably for Britain, the end result may still be the same—that is, they will have their [European Cup] results annulled. But they are not legally incorrect to compete [in the World Cup]."

Surprisingly, the Russians backed the British in the dispute, although many suspect that's because they'd be unable to put together a full team at such a late date.

Major U.S. XC Meets

*=U.S. Reebok Grand Prix race

September

24 *Mountain West Inv, Missoula, Montana

October

9 *Atlanta Inv, Atlanta, Georgia
15 Arkansas Invitational, Fayetteville, Ark
*BYU Inv, Provo, Utah
23 *Boston Mayor's Cup, Boston, Mass

November

12 *Midwest Classic, West Chester, Ohio
13 USATF Junior Olympics, Smithfield, RI
19 *Western/Pacific USATF, San Francisco
26 FootLocker HS Midwestern, Kenosha, Wisc
FootLocker HS Northeast, Bronx, New York
FootLocker HS Southern, Charlotte, NC

December

3 FootLocker HS Western, Fresno, California
4 *USATF Champs, Portland, Oregon
USATF Junior Champs, Portland
10 FootLocker HS Champs, San Diego, Calif
USATF Junior Olympics, Reno, Nevada

