

Marathon Time	WMA Gender and Age Adjusted Score					
	M32	F32	M45	F45	M60	F60
4:00	51.24	56.49	54.79	60.56	62.60	73.31
3:15	63.06	69.52	67.44	74.53	77.05	90.23

Each runner receives an individual World Masters Athletics (WMA) score. The table above shows that a 4:00 marathon yields different WMA scores for different ages and genders with higher-aged runners receiving higher WMA scores.

For the USCAA Corporate Championships, the top 4 individual WMA scores for a team are added together to calculate that team's score for that distance.

The table below shows the how the 2nd place team scored in last year's marathon with runners from both genders and a wide age range.

	Marathon Time	WMA Score
Runner 1- M51	3:25:36	67.31
Runner 2- M38	3:07:12	66.76
Runner 3- F25	3:34:41	63.07
Runner 4- M54	3:58:23	59.62
		Team Score: 256.76

Use the link below to calculate your estimated age-adjusted WMA score based on your gender, age, distance, and predicted time.

<http://www.howardgrubb.co.uk/athletics/wmaroad15.html>

The following tables show how the top three teams scored in the marathon in recent years.

USCAA Marathon Results 2017-2018

Top 3 Teams: Team Score (total of top 4 individual WMA scores)

2018 Marathon Results			
Place	Team	Team Score	Avg WMA Score*
1st	GE	291.33	72.83
2nd	Lockheed Martin	256.76	64.19
3rd	AT&T	245.59	61.40

2017 Marathon Results			
Place	Team	Team Score	Avg WMA Score*
1st	GE	295.41	73.85
2nd	AT&T	264.76	66.19
3rd	Lockheed Martin	259.24	64.81

*Avg WMA Score is the average score for the top 4 runners on each team.