WAVA example - this shows how the number of points you score will be adjusted based on your age

Runner	Time in Race	Championship Points	WAVA percentage
Luke	40:01:00	50	67.16%
Tim	41:30:00	49	66.10%
Andy	42:00:00	48	70.26%
Adam	43:00:00	47	68.10%
Neil	44:00:00	46	69.21%

Runner	Time in Race	WAVA percentage	Grand Prix Points
Andy	42:00:00	70.26%	50
Neil	44:00:00	69.21%	49
Adam	43:00:00	68.10%	48
Luke	40:01:00	67.16%	47
Tim	41:30:00	66.10%	46