



LONGEVITY WORLD CUP

FACT SHEET

SEASON 2026

PRESS REFERENCE / UPDATED JULY 2026

OVERVIEW

Longevity World Cup is an open competition where longevity athletes improve their results on biological aging clocks. Athletes submit eligible biomarker results, the competition calculates biological age, and the leaderboard ranks performance using age reduction: how far biological age is below chronological age.

COMPETITION FORMAT

- Amateur track: The all-time pheno age competition uses each athlete's best eligible pheno age result across their submission history.
- Pro track: The Season 2026 competition uses bortz age. Eligible results must be dated from January 1 through December 31, 2026, and final rankings lock when the season closes around mid-January 2027.
- Ultimate League: Pro athletes rank before Amateur athletes. Pro performance uses bortz age reduction; Amateur performance uses pheno age reduction.
- Leagues: Athletes can also rank in generation-based and other category-based leagues.

PRIZES AND PAYOUTS

- Prize money is awarded to the top three athletes in the Ultimate League.
- Bitcoin donations fund the prize pool: 90% funds prizes and 10% covers operating costs.
- Payouts are made in Bitcoin in mid-January. Wallet setup help is available.

KEY FACTS

- Launch: January 2025.
- Inaugural champion: Michael Lustgarten, PhD.
- Participation: Open to anyone capable of submitting valid test results.
- Registration: Apply at <https://www.longevityworldcup.com>
- Project: Free and open source, built with its community.

BACKGROUND

Adam Ficsor, known online as nopara73, founded Longevity World Cup after more than a year of long-form conversations with longevity athletes and researchers. He is also the creator of Wasabi Wallet. The competition launched with pheno age in 2025 and expanded in 2026 with Amateur and Pro tracks and the addition of the seasonal bortz age competition.

MORE INFORMATION

- Rules: <https://www.longevityworldcup.com/ruleset>
- History: <https://www.longevityworldcup.com/history>
- Press contact: hi@longevityworldcup.com