

Files in 2025 folder at:

<https://github.com/AlanLyttonJones/Age-Grade-Tables/>

- **Age-Grade History.pdf:** History starting in 2002.
- **Evaluating 2025 Standards Against 2020 Rankings:** Show how much standards have changed since 2020.
- **FemaleRoadStd2025.xlsx:** Excel file with Female 2025 standards
- **MaleRoadStd2025.xlsx:** Excel file with Male 2025 standards
- **Men Single Age Bests 2025.xlsx:** Produced by Tom Bernhard
- **Women Single Age Bests 2025.xlsx:** Produced by Tom Bernhard
- **Readme.txt**
- **RunScore.zip:** Zipped files to be used with the [RunScore](#) program
- **femaleRoad2025.xlsx:** Excel working file used to produce the female standards.
- **maleRoad2025.xlsx:** Excel working file used to produce the male standards.
- **CreateRunScoreTables:** Folder with CreateRunScoreTables.cpp file to create the files in the RunScore.zip repository