

Files in 2025 folder at:

<https://github.com/AlanLytttonJones/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 female standards.