For many applications, analysts are required to use data in ranges either because continuous data was not collected or because it was not made available to the researcher. Especially if the underlying variable is skewed, then calculations based on grouped data are likely to be influenced by the assumptions one makes regarding the distribution of values within the ranges. This paper summarises and tests a practical ‘short-cut’ for estimating medians using grouped data that takes into account more information than the standard method used by most statistical agencies and applied researchers. Monte Carlo simulation methods are used to illustrate the relative bias in estimated medians using this ‘short-cut’ compared to using a proportional allocation of data within ranges. This ‘short-cut’ has lower mean squared error than the method used by most applied researchers. Real-world data are used to illustrate how trends in median income differ between using these two methodologies. Continuous survey data are also used to test the relative performance of the competing estimators.