



East Sussex NATIONAL

EAST COURSE | HANDICAP CONVERSION TABLE

Course Handicap	GOLD Course Rating = 75.4 Slope = 151	BLUE Course Rating = 73.6 Slope = 145	WHITE Course Rating = 70.4 Slope = 132	IVORY (LADIES) Course Rating = 76.2 Slope = 147	RED (LADIES) Course Rating = 72.0 Slope = 133	Course Handicap
+7	+5.0 to +4.9			+5.0 to +5.0		+7
+6	+4.8 to +4.2	+5.0 to +4.3	+5.0 to +4.8	+4.9 to +4.3	+5.0 to +4.7	+6
+5	+4.1 to +3.4	+4.2 to +3.6	+4.7 to +3.9	+4.2 to +3.5	+4.6 to +3.9	+5
+4	+3.3 to +2.7	+3.5 to +2.8	+3.8 to +3.0	+3.4 to +2.7	+3.8 to +3.0	+4
+3	+2.6 to +1.9	+2.7 to +2.0	+2.9 to +2.2	+2.6 to +2.0	+2.9 to +2.2	+3
+2	+1.8 to +1.2	+1.9 to +1.2	+2.1 to +1.3	+1.9 to +1.2	+2.1 to +1.3	+2
+1	+1.1 to +0.4	+1.1 to +0.4	+1.2 to +0.5	+1.1 to +0.4	+1.2 to +0.5	+1
0	+0.3 to 0.3	+0.3 to 0.3	+0.4 to 0.4	+0.3 to 0.3	+0.4 to 0.4	0
1	0.4 to 1.1	0.4 to 1.1	0.5 to 1.2	0.4 to 1.1	0.5 to 1.2	1
2	1.2 to 1.8	1.2 to 1.9	1.3 to 2.1	1.2 to 1.9	1.3 to 2.1	2
3	1.9 to 2.6	2.0 to 2.7	2.2 to 2.9	2.0 to 2.6	2.2 to 2.9	3
4	2.7 to 3.3	2.8 to 3.5	3.0 to 3.8	2.7 to 3.4	3.0 to 3.8	4
5	3.4 to 4.1	3.6 to 4.2	3.9 to 4.7	3.5 to 4.2	3.9 to 4.6	5
6	4.2 to 4.8	4.3 to 5.0	4.8 to 5.5	4.3 to 4.9	4.7 to 5.5	6
7	4.9 to 5.6	5.1 to 5.8	5.6 to 6.4	5.0 to 5.7	5.6 to 6.3	7
8	5.7 to 6.3	5.9 to 6.6	6.5 to 7.2	5.8 to 6.5	6.4 to 7.2	8
9	6.4 to 7.1	6.7 to 7.4	7.3 to 8.1	6.6 to 7.3	7.3 to 8.0	9
10	7.2 to 7.8	7.5 to 8.1	8.2 to 8.9	7.4 to 8.0	8.1 to 8.9	10
11	7.9 to 8.6	8.2 to 8.9	9.0 to 9.8	8.1 to 8.8	9.0 to 9.7	11
12	8.7 to 9.3	9.0 to 9.7	9.9 to 10.7	8.9 to 9.6	9.8 to 10.6	12
13	9.4 to 10.1	9.8 to 10.5	10.8 to 11.5	9.7 to 10.3	10.7 to 11.4	13
14	10.2 to 10.8	10.6 to 11.2	11.6 to 12.4	10.4 to 11.1	11.5 to 12.3	14
15	10.9 to 11.5	11.3 to 12.0	12.5 to 13.2	11.2 to 11.9	12.4 to 13.1	15
16	11.6 to 12.3	12.1 to 12.8	13.3 to 14.1	12.0 to 12.6	13.2 to 14.0	16
17	12.4 to 13.0	12.9 to 13.6	14.2 to 14.9	12.7 to 13.4	14.1 to 14.8	17
18	13.1 to 13.8	13.7 to 14.4	15.0 to 15.8	13.5 to 14.2	14.9 to 15.7	18
19	13.9 to 14.5	14.5 to 15.1	15.9 to 16.6	14.3 to 14.9	15.8 to 16.5	19
20	14.6 to 15.3	15.2 to 15.9	16.7 to 17.5	15.0 to 15.7	16.6 to 17.4	20
21	15.4 to 16.0	16.0 to 16.7	17.6 to 18.4	15.8 to 16.5	17.5 to 18.2	21
22	16.1 to 16.8	16.8 to 17.5	18.5 to 19.2	16.6 to 17.2	18.3 to 19.1	22
23	16.9 to 17.5	17.6 to 18.3	19.3 to 20.1	17.3 to 18.0	19.2 to 19.9	23
24	17.6 to 18.3	18.4 to 19.0	20.2 to 20.9	18.1 to 18.8	20.0 to 20.8	24
25	18.4 to 19.0	19.1 to 19.8	21.0 to 21.8	18.9 to 19.6	20.9 to 21.6	25
26	19.1 to 19.8	19.9 to 20.6	21.9 to 22.6	19.7 to 20.3	21.7 to 22.5	26
27	19.9 to 20.5	20.7 to 21.4	22.7 to 23.5	20.4 to 21.1	22.6 to 23.3	27
28	20.6 to 21.3	21.5 to 22.2	23.6 to 24.3	21.2 to 21.9	23.4 to 24.2	28
29	21.4 to 22.0	22.3 to 22.9	24.4 to 25.2	22.0 to 22.6	24.3 to 25.0	29
30	22.1 to 22.8	23.0 to 23.7	25.3 to 26.1	22.7 to 23.4	25.1 to 25.9	30
31	22.9 to 23.5	23.8 to 24.5	26.2 to 26.9	23.5 to 24.2	26.0 to 26.7	31
32	23.6 to 24.3	24.6 to 25.3	27.0 to 27.8	24.3 to 24.9	26.8 to 27.6	32
33	24.4 to 25.0	25.4 to 26.1	27.9 to 28.6	25.0 to 25.7	27.7 to 28.4	33
34	25.1 to 25.8	26.2 to 26.8	28.7 to 29.5	25.8 to 26.5	28.5 to 29.3	34
35	25.9 to 26.5	26.9 to 27.6	29.6 to 30.3	26.6 to 27.2	29.4 to 30.1	35
36	26.6 to 27.3	27.7 to 28.4	30.4 to 31.2	27.3 to 28.0	30.2 to 31.0	36
37	27.4 to 28.0	28.5 to 29.2	31.3 to 32.1	28.1 to 28.8	31.1 to 31.8	37
38	28.1 to 28.8	29.3 to 30.0	32.2 to 32.9	28.9 to 29.5	31.9 to 32.7	38
39	28.9 to 29.5	30.1 to 30.7	33.0 to 33.8	29.6 to 30.3	32.8 to 33.5	39
40	29.6 to 30.3	30.8 to 31.5	33.9 to 34.6	30.4 to 31.1	33.6 to 34.4	40
41	30.4 to 31.0	31.6 to 32.3	34.7 to 35.5	31.2 to 31.9	34.5 to 35.2	41
42	31.1 to 31.8	32.4 to 33.1	35.6 to 36.3	32.0 to 32.6	35.3 to 36.1	42
43	31.9 to 32.5	33.2 to 33.8	36.4 to 37.2	32.7 to 33.4	36.2 to 36.9	43
44	32.6 to 33.3	33.9 to 34.6	37.3 to 38.0	33.5 to 34.2	37.0 to 37.8	44
45	33.4 to 34.0	34.7 to 35.4	38.1 to 38.9	34.3 to 34.9	37.9 to 38.6	45
46	34.1 to 34.7	35.5 to 36.2	39.0 to 39.8	35.0 to 35.7	38.7 to 39.5	46
47	34.8 to 35.5	36.3 to 37.0	39.9 to 40.6	35.8 to 36.5	39.6 to 40.3	47
48	35.6 to 36.2	37.1 to 37.7	40.7 to 41.5	36.6 to 37.2	40.4 to 41.2	48
49	36.3 to 37.0	37.8 to 38.5	41.6 to 42.3	37.3 to 38.0	41.3 to 42.0	49
50	37.1 to 37.7	38.6 to 39.3	42.4 to 43.2	38.1 to 38.8	42.1 to 42.9	50
51	37.8 to 38.5	39.4 to 40.1	43.3 to 44.0	38.9 to 39.5	43.0 to 43.7	51
52	38.6 to 39.2	40.2 to 40.9	44.1 to 44.9	39.6 to 40.3	43.8 to 44.6	52
53	39.3 to 40.0	41.0 to 41.6	45.0 to 45.7	40.4 to 41.1	44.7 to 45.4	53
54	40.1 to 40.7	41.7 to 42.4	45.8 to 46.6	41.2 to 41.8	45.5 to 46.3	54
55	40.8 to 41.5	42.5 to 43.2	46.7 to 47.5	41.9 to 42.6	46.4 to 47.1	55
56	41.6 to 42.2	43.3 to 44.0	47.6 to 48.3	42.7 to 43.4	47.2 to 48.0	56
57	42.3 to 43.0	44.1 to 44.8	48.4 to 49.2	43.5 to 44.2	48.1 to 48.8	57
58	43.1 to 43.7	44.9 to 45.5	49.3 to 50.0	44.3 to 44.9	48.9 to 49.7	58
59	43.8 to 44.5	45.6 to 46.3	50.1 to 50.9	45.0 to 45.7	49.8 to 50.5	59
60	44.6 to 45.2	46.4 to 47.1	51.0 to 51.7	45.8 to 46.5	50.6 to 51.4	60
61	45.3 to 46.0	47.2 to 47.9	51.8 to 52.6	46.6 to 47.2	51.5 to 52.2	61
62	46.1 to 46.7	48.0 to 48.7	52.7 to 53.5	47.3 to 48.0	52.3 to 53.1	62
63	46.8 to 47.5	48.8 to 49.4	53.6 to 54.0	48.1 to 48.8	53.2 to 53.9	63
64	47.6 to 48.2	49.5 to 50.2		48.9 to 49.5	54.0 to 54.0	64
65	48.3 to 49.0	50.3 to 51.0		49.6 to 50.3		65
66	49.1 to 49.7	51.1 to 51.8		50.4 to 51.1		66
67	49.8 to 50.5	51.9 to 52.6		51.2 to 51.8		67
68	50.6 to 51.2	52.7 to 53.3		51.9 to 52.6		68
69	51.3 to 52.0	53.4 to 54.0		52.7 to 53.4		69
70	52.1 to 52.7			53.5 to 54.0		70
71	52.8 to 53.5					71
72	53.6 to 54.0					72

USING THE TABLES:

- (1) Find the slope rating for the set of tees you will be playing.
- (2) Find your Handicap Index.
- (3) Read across the table to find your Course Handicap.

