



East Sussex
NATIONAL

WEST COURSE | HANDICAP CONVERSION TABLE

Course Handicap	GOLD Course Rating = 75.2 Slope = 139	BLUE Course Rating = 72.7 Slope = 134	WHITE Course Rating = 69.6 Slope = 130	RED (LADIES) Course Rating = 70.7 Slope = 121	WHITE (LADIES) Course Rating = 75.7 Slope = 134	Course Handicap
+6	+5.0 to +4.5	+5.0 to +4.7	+5.0 to +4.8		+5.0 to +4.7	+6
+5	+4.4 to +3.7	+4.6 to +3.8	+4.7 to +4.0	+5.0 to +4.3	+4.6 to +3.8	+5
+4	+3.6 to +2.9	+3.7 to +3.0	+3.9 to +3.1	+4.2 to +3.3	+3.7 to +3.0	+4
+3	+2.8 to +2.1	+2.9 to +2.2	+3.0 to +2.2	+3.2 to +2.4	+2.9 to +2.2	+3
+2	+2.0 to +1.3	+2.1 to +1.3	+2.1 to +1.4	+2.3 to +1.5	+2.1 to +1.3	+2
+1	+1.2 to +0.5	+1.2 to +0.5	+1.3 to +0.5	+1.4 to +0.5	+1.2 to +0.5	+1
0	+0.4 to 0.4	+0.4 to 0.4	+0.4 to 0.4	+0.4 to 0.4	+0.4 to 0.4	0
1	0.5 to 1.2	0.5 to 1.2	0.5 to 1.3	0.5 to 1.4	0.5 to 1.2	1
2	1.3 to 2.0	1.3 to 2.1	1.4 to 2.1	1.5 to 2.3	1.3 to 2.1	2
3	2.1 to 2.8	2.2 to 2.9	2.2 to 3.0	2.4 to 3.2	2.2 to 2.9	3
4	2.9 to 3.6	3.0 to 3.7	3.1 to 3.9	3.3 to 4.2	3.0 to 3.7	4
5	3.7 to 4.4	3.8 to 4.6	4.0 to 4.7	4.3 to 5.1	3.8 to 4.6	5
6	4.5 to 5.2	4.7 to 5.4	4.8 to 5.6	5.2 to 6.0	4.7 to 5.4	6
7	5.3 to 6.0	5.5 to 6.3	5.7 to 6.5	6.1 to 7.0	5.5 to 6.3	7
8	6.1 to 6.9	6.4 to 7.1	6.6 to 7.3	7.1 to 7.9	6.4 to 7.1	8
9	7.0 to 7.7	7.2 to 8.0	7.4 to 8.2	8.0 to 8.8	7.2 to 8.0	9
10	7.8 to 8.5	8.1 to 8.8	8.3 to 9.1	8.9 to 9.8	8.1 to 8.8	10
11	8.6 to 9.3	8.9 to 9.6	9.2 to 9.9	9.9 to 10.7	8.9 to 9.6	11
12	9.4 to 10.1	9.7 to 10.5	10.0 to 10.8	10.8 to 11.6	9.7 to 10.5	12
13	10.2 to 10.9	10.6 to 11.3	10.9 to 11.7	11.7 to 12.6	10.6 to 11.3	13
14	11.0 to 11.7	11.4 to 12.2	11.8 to 12.6	12.7 to 13.5	11.4 to 12.2	14
15	11.8 to 12.6	12.3 to 13.0	12.7 to 13.4	13.6 to 14.4	12.3 to 13.0	15
16	12.7 to 13.4	13.1 to 13.9	13.5 to 14.3	14.5 to 15.4	13.1 to 13.9	16
17	13.5 to 14.2	14.0 to 14.7	14.4 to 15.2	15.5 to 16.3	14.0 to 14.7	17
18	14.3 to 15.0	14.8 to 15.6	15.3 to 16.0	16.4 to 17.2	14.8 to 15.6	18
19	15.1 to 15.8	15.7 to 16.4	16.1 to 16.9	17.3 to 18.2	15.7 to 16.4	19
20	15.9 to 16.6	16.5 to 17.2	17.0 to 17.8	18.3 to 19.1	16.5 to 17.2	20
21	16.7 to 17.4	17.3 to 18.1	17.9 to 18.6	19.2 to 20.0	17.3 to 18.1	21
22	17.5 to 18.2	18.2 to 18.9	18.7 to 19.5	20.1 to 21.0	18.2 to 18.9	22
23	18.3 to 19.1	19.0 to 19.8	19.6 to 20.4	21.1 to 21.9	19.0 to 19.8	23
24	19.2 to 19.9	19.9 to 20.6	20.5 to 21.2	22.0 to 22.8	19.9 to 20.6	24
25	20.0 to 20.7	20.7 to 21.5	21.3 to 22.1	22.9 to 23.8	20.7 to 21.5	25
26	20.8 to 21.5	21.6 to 22.3	22.2 to 23.0	23.9 to 24.7	21.6 to 22.3	26
27	21.6 to 22.3	22.4 to 23.1	23.1 to 23.9	24.8 to 25.6	22.4 to 23.1	27
28	22.4 to 23.1	23.2 to 24.0	24.0 to 24.7	25.7 to 26.6	23.2 to 24.0	28
29	23.2 to 23.9	24.1 to 24.8	24.8 to 25.6	26.7 to 27.5	24.1 to 24.8	29
30	24.0 to 24.7	24.9 to 25.7	25.7 to 26.5	27.6 to 28.4	24.9 to 25.7	30
31	24.8 to 25.6	25.8 to 26.5	26.6 to 27.3	28.5 to 29.4	25.8 to 26.5	31
32	25.7 to 26.4	26.6 to 27.4	27.4 to 28.2	29.5 to 30.3	26.6 to 27.4	32
33	26.5 to 27.2	27.5 to 28.2	28.3 to 29.1	30.4 to 31.2	27.5 to 28.2	33
34	27.3 to 28.0	28.3 to 29.0	29.2 to 29.9	31.3 to 32.2	28.3 to 29.0	34
35	28.1 to 28.8	29.1 to 29.9	30.0 to 30.8	32.3 to 33.1	29.1 to 29.9	35
36	28.9 to 29.6	30.0 to 30.7	30.9 to 31.7	33.2 to 34.0	30.0 to 30.7	36
37	29.7 to 30.4	30.8 to 31.6	31.8 to 32.5	34.1 to 35.0	30.8 to 31.6	37
38	30.5 to 31.2	31.7 to 32.4	32.6 to 33.4	35.1 to 35.9	31.7 to 32.4	38
39	31.3 to 32.1	32.5 to 33.3	33.5 to 34.3	36.0 to 36.8	32.5 to 33.3	39
40	32.2 to 32.9	33.4 to 34.1	34.4 to 35.2	36.9 to 37.8	33.4 to 34.1	40
41	33.0 to 33.7	34.2 to 34.9	35.3 to 36.0	37.9 to 38.7	34.2 to 34.9	41
42	33.8 to 34.5	35.0 to 35.8	36.1 to 36.9	38.8 to 39.6	35.0 to 35.8	42
43	34.6 to 35.3	35.9 to 36.6	37.0 to 37.8	39.7 to 40.6	35.9 to 36.6	43
44	35.4 to 36.1	36.7 to 37.5	37.9 to 38.6	40.7 to 41.5	36.7 to 37.5	44
45	36.2 to 36.9	37.6 to 38.3	38.7 to 39.5	41.6 to 42.4	37.6 to 38.3	45
46	37.0 to 37.8	38.4 to 39.2	39.6 to 40.4	42.5 to 43.4	38.4 to 39.2	46
47	37.9 to 38.6	39.3 to 40.0	40.5 to 41.2	43.5 to 44.3	39.3 to 40.0	47
48	38.7 to 39.4	40.1 to 40.8	41.3 to 42.1	44.4 to 45.2	40.1 to 40.8	48
49	39.5 to 40.2	40.9 to 41.7	42.2 to 43.0	45.3 to 46.2	40.9 to 41.7	49
50	40.3 to 41.0	41.8 to 42.5	43.1 to 43.8	46.3 to 47.1	41.8 to 42.5	50
51	41.1 to 41.8	42.6 to 43.4	43.9 to 44.7	47.2 to 48.0	42.6 to 43.4	51
52	41.9 to 42.6	43.5 to 44.2	44.8 to 45.6	48.1 to 49.0	43.5 to 44.2	52
53	42.7 to 43.4	44.3 to 45.1	45.7 to 46.5	49.1 to 49.9	44.3 to 45.1	53
54	43.5 to 44.3	45.2 to 45.9	46.6 to 47.3	50.0 to 50.8	45.2 to 45.9	54
55	44.4 to 45.1	46.0 to 46.8	47.4 to 48.2	50.9 to 51.8	46.0 to 46.8	55
56	45.2 to 45.9	46.9 to 47.6	48.3 to 49.1	51.9 to 52.7	46.9 to 47.6	56
57	46.0 to 46.7	47.7 to 48.4	49.2 to 49.9	52.8 to 53.6	47.7 to 48.4	57
58	46.8 to 47.5	48.5 to 49.3	50.0 to 50.8	53.7 to 54.0	48.5 to 49.3	58
59	47.6 to 48.3	49.4 to 50.1	50.9 to 51.7		49.4 to 50.1	59
60	48.4 to 49.1	50.2 to 51.0	51.8 to 52.5		50.2 to 51.0	60
61	49.2 to 49.9	51.1 to 51.8	52.6 to 53.4		51.1 to 51.8	61
62	50.0 to 50.8	51.9 to 52.7	53.5 to 54.0		51.9 to 52.7	62
63	50.9 to 51.6	52.8 to 53.5			52.8 to 53.5	63
64	51.7 to 52.4	53.6 to 54.0			53.6 to 54.0	64
65	52.5 to 53.2					65
66	53.3 to 54.0					66

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.

