

# EAST SUSSEX NATIONAL | EAST COURSE | HANDICAP CONVERSION TABLE

Course Handicap	MENS GOLD Course Rating = 75.4 Slope = 151	MENS BLUE Course Rating = 73.6 Slope = 145	MENS WHITE Course Rating = 70.4 Slope = 132	WOMENS IVORY Course Rating = 76.2 Slope = 147	WOMENS RED Course Rating = 72.0 Slope = 133	Course Handicap
+7			+5.0 to +4.2			+7
+6			+4.1 to +3.4			+6
+5		+5.0 to +4.8	+3.3 to +2.5		+5.0 to +4.7	+5
+4		+4.7 to +4.0	+2.4 to +1.7		+4.6 to +3.9	+4
+3	+5.0 to +4.5	+3.9 to +3.2	+1.6 to +0.8		+3.8 to +3.0	+3
+2	+4.4 to +3.7	+3.1 to +2.5	+0.7 to 0.0	+5.0 to +4.4	+2.9 to +2.2	+2
+1	+3.6 to +3.0	+2.4 to +1.7	0.1 to 0.9	+4.3 to +3.7	+2.1 to +1.3	+1
0	+2.9 to +2.2	+1.6 to +0.9	1.0 to 1.7	+3.6 to +2.9	+1.2 to +0.5	0
1	+2.1 to +1.5	+0.8 to +0.1	1.8 to 2.6	+2.8 to +2.1	+0.4 to 0.4	1
2	+1.4 to +0.7	0.0 to 0.7	2.7 to 3.5	+2.0 to +1.4	0.5 to 1.2	2
3	+0.6 to 0.0	0.8 to 1.4	3.6 to 4.3	+1.3 to +0.6	1.3 to 2.1	3
4	0.1 to 0.8	1.5 to 2.2	4.4 to 5.2	+0.5 to 0.2	2.2 to 2.9	4
5	0.9 to 1.5	2.3 to 3.0	5.3 to 6.0	0.3 to 0.9	3.0 to 3.8	5
6	1.6 to 2.3	3.1 to 3.8	6.1 to 6.9	1.0 to 1.7	3.9 to 4.6	6
7	2.4 to 3.0	3.9 to 4.5	7.0 to 7.7	1.8 to 2.5	4.7 to 5.5	7
8	3.1 to 3.8	4.6 to 5.3	7.8 to 8.6	2.6 to 3.3	5.6 to 6.3	8
9	3.9 to 4.5	5.4 to 6.1	8.7 to 9.5	3.4 to 4.0	6.4 to 7.2	9
10	4.6 to 5.3	6.2 to 6.9	9.6 to 10.3	4.1 to 4.8	7.3 to 8.0	10
11	5.4 to 6.0	7.0 to 7.7	10.4 to 11.2	4.9 to 5.6	8.1 to 8.9	11
12	6.1 to 6.8	7.8 to 8.4	11.3 to 12.0	5.7 to 6.3	9.0 to 9.7	12
13	6.9 to 7.5	8.5 to 9.2	12.1 to 12.9	6.4 to 7.1	9.8 to 10.6	13
14	7.6 to 8.3	9.3 to 10.0	13.0 to 13.7	7.2 to 7.9	10.7 to 11.4	14
15	8.4 to 9.0	10.1 to 10.8	13.8 to 14.6	8.0 to 8.6	11.5 to 12.3	15
16	9.1 to 9.8	10.9 to 11.6	14.7 to 15.4	8.7 to 9.4	12.4 to 13.1	16
17	9.9 to 10.5	11.7 to 12.3	15.5 to 16.3	9.5 to 10.2	13.2 to 14.0	17
18	10.6 to 11.3	12.4 to 13.1	16.4 to 17.2	10.3 to 10.9	14.1 to 14.8	18
19	11.4 to 12.0	13.2 to 13.9	17.3 to 18.0	11.0 to 11.7	14.9 to 15.7	19
20	12.1 to 12.7	14.0 to 14.7	18.1 to 18.9	11.8 to 12.5	15.8 to 16.5	20
21	12.8 to 13.5	14.8 to 15.5	19.0 to 19.7	12.6 to 13.2	16.6 to 17.4	21
22	13.6 to 14.2	15.6 to 16.2	19.8 to 20.6	13.3 to 14.0	17.5 to 18.2	22
23	14.3 to 15.0	16.3 to 17.0	20.7 to 21.4	14.1 to 14.8	18.3 to 19.1	23
24	15.1 to 15.7	17.1 to 17.8	21.5 to 22.3	14.9 to 15.6	19.2 to 19.9	24
25	15.8 to 16.5	17.9 to 18.6	22.4 to 23.1	15.7 to 16.3	20.0 to 20.8	25
26	16.6 to 17.2	18.7 to 19.4	23.2 to 24.0	16.4 to 17.1	20.9 to 21.6	26
27	17.3 to 18.0	19.5 to 20.1	24.1 to 24.9	17.2 to 17.9	21.7 to 22.5	27
28	18.1 to 18.7	20.2 to 20.9	25.0 to 25.7	18.0 to 18.6	22.6 to 23.3	28
29	18.8 to 19.5	21.0 to 21.7	25.8 to 26.6	18.7 to 19.4	23.4 to 24.2	29
30	19.6 to 20.2	21.8 to 22.5	26.7 to 27.4	19.5 to 20.2	24.3 to 25.0	30
31	20.3 to 21.0	22.6 to 23.3	27.5 to 28.3	20.3 to 20.9	25.1 to 25.9	31
32	21.1 to 21.7	23.4 to 24.0	28.4 to 29.1	21.0 to 21.7	26.0 to 26.7	32
33	21.8 to 22.5	24.1 to 24.8	29.2 to 30.0	21.8 to 22.5	26.8 to 27.6	33
34	22.6 to 23.2	24.9 to 25.6	30.1 to 30.9	22.6 to 23.2	27.7 to 28.4	34
35	23.3 to 24.0	25.7 to 26.4	31.0 to 31.7	23.3 to 24.0	28.5 to 29.3	35
36	24.1 to 24.7	26.5 to 27.1	31.8 to 32.6	24.1 to 24.8	29.4 to 30.1	36
37	24.8 to 25.5	27.2 to 27.9	32.7 to 33.4	24.9 to 25.5	30.2 to 31.0	37
38	25.6 to 26.2	28.0 to 28.7	33.5 to 34.3	25.6 to 26.3	31.1 to 31.8	38
39	26.3 to 27.0	28.8 to 29.5	34.4 to 35.1	26.4 to 27.1	31.9 to 32.7	39
40	27.1 to 27.7	29.6 to 30.3	35.2 to 36.0	27.2 to 27.9	32.8 to 33.5	40
41	27.8 to 28.5	30.4 to 31.0	36.1 to 36.8	28.0 to 28.6	33.6 to 34.4	41
42	28.6 to 29.2	31.1 to 31.8	36.9 to 37.7	28.7 to 29.4	34.5 to 35.2	42
43	29.3 to 30.0	31.9 to 32.6	37.8 to 38.6	29.5 to 30.2	35.3 to 36.1	43
44	30.1 to 30.7	32.7 to 33.4	38.7 to 39.4	30.3 to 30.9	36.2 to 36.9	44
45	30.8 to 31.5	33.5 to 34.2	39.5 to 40.3	31.0 to 31.7	37.0 to 37.8	45
46	31.6 to 32.2	34.3 to 34.9	40.4 to 41.1	31.8 to 32.5	37.9 to 38.6	46
47	32.3 to 33.0	35.0 to 35.7	41.2 to 42.0	32.6 to 33.2	38.7 to 39.5	47
48	33.1 to 33.7	35.8 to 36.5	42.1 to 42.8	33.3 to 34.0	39.6 to 40.3	48
49	33.8 to 34.4	36.6 to 37.3	42.9 to 43.7	34.1 to 34.8	40.4 to 41.2	49
50	34.5 to 35.2	37.4 to 38.1	43.8 to 44.6	34.9 to 35.5	41.3 to 42.0	50
51	35.3 to 35.9	38.2 to 38.8	44.7 to 45.4	35.6 to 36.3	42.1 to 42.9	51
52	36.0 to 36.7	38.9 to 39.6	45.5 to 46.3	36.4 to 37.1	43.0 to 43.7	52
53	36.8 to 37.4	39.7 to 40.4	46.4 to 47.1	37.2 to 37.8	43.8 to 44.6	53
54	37.5 to 38.2	40.5 to 41.2	47.2 to 48.0	37.9 to 38.6	44.7 to 45.4	54
55	38.3 to 38.9	41.3 to 42.0	48.1 to 48.8	38.7 to 39.4	45.5 to 46.3	55
56	39.0 to 39.7	42.1 to 42.7	48.9 to 49.7	39.5 to 40.2	46.4 to 47.1	56
57	39.8 to 40.4	42.8 to 43.5	49.8 to 50.5	40.3 to 40.9	47.2 to 48.0	57
58	40.5 to 41.2	43.6 to 44.3	50.6 to 51.4	41.0 to 41.7	48.1 to 48.8	58
59	41.3 to 41.9	44.4 to 45.1	51.5 to 52.3	41.8 to 42.5	48.9 to 49.7	59
60	42.0 to 42.7	45.2 to 45.9	52.4 to 53.1	42.6 to 43.2	49.8 to 50.5	60
61	42.8 to 43.4	46.0 to 46.6	53.2 to 54.0	43.3 to 44.0	50.6 to 51.4	61
62	43.5 to 44.2	46.7 to 47.4		44.1 to 44.8	51.5 to 52.2	62
63	44.3 to 44.9	47.5 to 48.2		44.9 to 45.5	52.3 to 53.1	63
64	45.0 to 45.7	48.3 to 49.0		45.6 to 46.3	53.2 to 53.9	64
65	45.8 to 46.4	49.1 to 49.7		46.4 to 47.1	54.0 to 54.0	65
66	46.5 to 47.2	49.8 to 50.5		47.2 to 47.8		66
67	47.3 to 47.9	50.6 to 51.3		47.9 to 48.6		67
68	48.0 to 48.7	51.4 to 52.1		48.7 to 49.4		68
69	48.8 to 49.4	52.2 to 52.9		49.5 to 50.2		69
70	49.5 to 50.2	53.0 to 53.6		50.2 to 50.9		70
71	50.3 to 50.9	53.7 to 54.0		51.0 to 51.7		71
72	51.0 to 51.7			51.8 to 52.5		72
73	51.8 to 52.4			52.6 to 53.3		73
74	52.5 to 53.2			53.3 to 54.0		74
75	53.3 to 53.9					75
76	54.0 to 54.0					76

### 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.



# EAST SUSSEX NATIONAL | WEST COURSE | HANDICAP CONVERSION TABLE

Course Handicap	MENS GOLD Course Rating = 75.2 Slope = 139	MENS BLUE Course Rating = 72.7 Slope = 134	MENS WHITE Course Rating = 69.6 Slope = 130	WOMENS WHITE Course Rating = 75.7 Slope = 121	WOMENS RED Course Rating = 70.7 Slope = 121	Course Handicap
+8			+5.0 to +4.5			+8
+7			+4.4 to +3.6		+5.0 to +4.9	+7
+6			+3.5 to +2.7		+4.8 to +4.0	+6
+5		+5.0 to +4.4	+2.6 to +1.9		+3.9 to +3.0	+5
+4		+4.3 to +3.6	+1.8 to +1.0		+2.9 to +2.1	+4
+3	+5.0 to +4.7	+3.5 to +2.7	+0.9 to +0.1		+2.0 to +1.2	+3
+2	+4.6 to +3.9	+2.6 to +1.9	0.0 to 0.7	+5.0 to +4.9	+1.1 to +0.2	+2
+1	+3.8 to +3.1	+1.8 to +1.1	0.8 to 1.6	+4.8 to +4.0	+0.1 to 0.7	+1
0	+3.0 to +2.2	+1.0 to +0.2	1.7 to 2.5	+3.9 to +3.0	0.8 to 1.6	0
1	+2.1 to +1.4	+0.1 to 0.6	2.6 to 3.3	+2.9 to +2.1	1.7 to 2.6	1
2	+1.3 to +0.6	0.7 to 1.5	3.4 to 4.2	+2.0 to +1.2	2.7 to 3.5	2
3	+0.5 to 0.2	1.6 to 2.3	4.3 to 5.1	+1.1 to +0.2	3.6 to 4.4	3
4	0.3 to 1.0	2.4 to 3.2	5.2 to 5.9	+0.1 to 0.7	4.5 to 5.4	4
5	1.1 to 1.8	3.3 to 4.0	6.0 to 6.8	0.8 to 1.6	5.5 to 6.3	5
6	1.9 to 2.6	4.1 to 4.8	6.9 to 7.7	1.7 to 2.6	6.4 to 7.2	6
7	2.7 to 3.4	4.9 to 5.7	7.8 to 8.6	2.7 to 3.5	7.3 to 8.2	7
8	3.5 to 4.3	5.8 to 6.5	8.7 to 9.4	3.6 to 4.4	8.3 to 9.1	8
9	4.4 to 5.1	6.6 to 7.4	9.5 to 10.3	4.5 to 5.4	9.2 to 10.0	9
10	5.2 to 5.9	7.5 to 8.2	10.4 to 11.2	5.5 to 6.3	10.1 to 11.0	10
11	6.0 to 6.7	8.3 to 9.1	11.3 to 12.0	6.4 to 7.2	11.1 to 11.9	11
12	6.8 to 7.5	9.2 to 9.9	12.1 to 12.9	7.3 to 8.2	12.0 to 12.8	12
13	7.6 to 8.3	10.0 to 10.7	13.0 to 13.8	8.3 to 9.1	12.9 to 13.8	13
14	8.4 to 9.1	10.8 to 11.6	13.9 to 14.6	9.2 to 10.0	13.9 to 14.7	14
15	9.2 to 9.9	11.7 to 12.4	14.7 to 15.5	10.1 to 11.0	14.8 to 15.6	15
16	10.0 to 10.8	12.5 to 13.3	15.6 to 16.4	11.1 to 11.9	15.7 to 16.6	16
17	10.9 to 11.6	13.4 to 14.1	16.5 to 17.2	12.0 to 12.8	16.7 to 17.5	17
18	11.7 to 12.4	14.2 to 15.0	17.3 to 18.1	12.9 to 13.8	17.6 to 18.4	18
19	12.5 to 13.2	15.1 to 15.8	18.2 to 19.0	13.9 to 14.7	18.5 to 19.4	19
20	13.3 to 14.0	15.9 to 16.6	19.1 to 19.9	14.8 to 15.6	19.5 to 20.3	20
21	14.1 to 14.8	16.7 to 17.5	20.0 to 20.7	15.7 to 16.6	20.4 to 21.2	21
22	14.9 to 15.6	17.6 to 18.3	20.8 to 21.6	16.7 to 17.5	21.3 to 22.2	22
23	15.7 to 16.5	18.4 to 19.2	21.7 to 22.5	17.6 to 18.4	22.3 to 23.1	23
24	16.6 to 17.3	19.3 to 20.0	22.6 to 23.3	18.5 to 19.4	23.2 to 24.0	24
25	17.4 to 18.1	20.1 to 20.9	23.4 to 24.2	19.5 to 20.3	24.1 to 25.0	25
26	18.2 to 18.9	21.0 to 21.7	24.3 to 25.1	20.4 to 21.2	25.1 to 25.9	26
27	19.0 to 19.7	21.8 to 22.6	25.2 to 25.9	21.3 to 22.2	26.0 to 26.8	27
28	19.8 to 20.5	22.7 to 23.4	26.0 to 26.8	22.3 to 23.1	26.9 to 27.8	28
29	20.6 to 21.3	23.5 to 24.2	26.9 to 27.7	23.2 to 24.0	27.9 to 28.7	29
30	21.4 to 22.1	24.3 to 25.1	27.8 to 28.5	24.1 to 25.0	28.8 to 29.6	30
31	22.2 to 23.0	25.2 to 25.9	28.6 to 29.4	25.1 to 25.9	29.7 to 30.6	31
32	23.1 to 23.8	26.0 to 26.8	29.5 to 30.3	26.0 to 26.8	30.7 to 31.5	32
33	23.9 to 24.6	26.9 to 27.6	30.4 to 31.2	26.9 to 27.8	31.6 to 32.4	33
34	24.7 to 25.4	27.7 to 28.5	31.3 to 32.0	27.9 to 28.7	32.5 to 33.4	34
35	25.5 to 26.2	28.6 to 29.3	32.1 to 32.9	28.8 to 29.6	33.5 to 34.3	35
36	26.3 to 27.0	29.4 to 30.1	33.0 to 33.8	29.7 to 30.6	34.4 to 35.3	36
37	27.1 to 27.8	30.2 to 31.0	33.9 to 34.6	30.7 to 31.5	35.4 to 36.2	37
38	27.9 to 28.6	31.1 to 31.8	34.7 to 35.5	31.6 to 32.4	36.3 to 37.1	38
39	28.7 to 29.5	31.9 to 32.7	35.6 to 36.4	32.5 to 33.4	37.2 to 38.1	39
40	29.6 to 30.3	32.8 to 33.5	36.5 to 37.2	33.5 to 34.3	38.2 to 39.0	40
41	30.4 to 31.1	33.6 to 34.4	37.3 to 38.1	34.4 to 35.3	39.1 to 39.9	41
42	31.2 to 31.9	34.5 to 35.2	38.2 to 39.0	35.4 to 36.2	40.0 to 40.9	42
43	32.0 to 32.7	35.3 to 36.0	39.1 to 39.8	36.3 to 37.1	41.0 to 41.8	43
44	32.8 to 33.5	36.1 to 36.9	39.9 to 40.7	37.2 to 38.1	41.9 to 42.7	44
45	33.6 to 34.3	37.0 to 37.7	40.8 to 41.6	38.2 to 39.0	42.8 to 43.7	45
46	34.4 to 35.2	37.8 to 38.6	41.7 to 42.5	39.1 to 39.9	43.8 to 44.6	46
47	35.3 to 36.0	38.7 to 39.4	42.6 to 43.3	40.0 to 40.9	44.7 to 45.5	47
48	36.1 to 36.8	39.5 to 40.3	43.4 to 44.2	41.0 to 41.8	45.6 to 46.5	48
49	36.9 to 37.6	40.4 to 41.1	44.3 to 45.1	41.9 to 42.7	46.6 to 47.4	49
50	37.7 to 38.4	41.2 to 41.9	45.2 to 45.9	42.8 to 43.7	47.5 to 48.3	50
51	38.5 to 39.2	42.0 to 42.8	46.0 to 46.8	43.8 to 44.6	48.4 to 49.3	51
52	39.3 to 40.0	42.9 to 43.6	46.9 to 47.7	44.7 to 45.5	49.4 to 50.2	52
53	40.1 to 40.8	43.7 to 44.5	47.8 to 48.5	45.6 to 46.5	50.3 to 51.1	53
54	40.9 to 41.7	44.6 to 45.3	48.6 to 49.4	46.6 to 47.4	51.2 to 52.1	54
55	41.8 to 42.5	45.4 to 46.2	49.5 to 50.3	47.5 to 48.3	52.2 to 53.0	55
56	42.6 to 43.3	46.3 to 47.0	50.4 to 51.1	48.4 to 49.3	53.1 to 53.9	56
57	43.4 to 44.1	47.1 to 47.8	51.2 to 52.0	49.4 to 50.2	54.0 to 54.0	57
58	44.2 to 44.9	47.9 to 48.7	52.1 to 52.9	50.3 to 51.1		58
59	45.0 to 45.7	48.8 to 49.5	53.0 to 53.8	51.2 to 52.1		59
60	45.8 to 46.5	49.6 to 50.4	53.9 to 54.0	52.2 to 53.0		60
61	46.6 to 47.3	50.5 to 51.2		53.1 to 53.9		61
62	47.4 to 48.2	51.3 to 52.1		54.0 to 54.0		62
63	48.3 to 49.0	52.2 to 52.9				63
64	49.1 to 49.8	53.0 to 53.8				64
65	49.9 to 50.6	53.9 to 54.0				65
66	50.7 to 51.4					66
67	51.5 to 52.2					67
68	52.3 to 53.0					68
69	53.1 to 53.8					69
70	53.9 to 54.0					70

### USING THE TABLES:

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