

**COURSE HANDICAP™ TABLE**

*East Sussex National Golf Resort & Spa*  
 East Sussex National Golf Resort & Spa-East Course

Course Rating 57.6

**Women's Par 3 (from 5 Mar 2026)**

Par 54 Slope 100

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.7	+1	25.9 to 27.0	27
+4.6 to +3.6	0	27.1 to 28.1	28
+3.5 to +2.4	1	28.2 to 29.2	29
+2.3 to +1.3	2	29.3 to 30.3	30
+1.2 to +0.2	3	30.4 to 31.5	31
+0.1 to 1.0	4	31.6 to 32.6	32
1.1 to 2.1	5	32.7 to 33.7	33
2.2 to 3.2	6	33.8 to 34.9	34
3.3 to 4.4	7	35.0 to 36.0	35
4.5 to 5.5	8	36.1 to 37.1	36
5.6 to 6.6	9	37.2 to 38.3	37
6.7 to 7.7	10	38.4 to 39.4	38
7.8 to 8.9	11	39.5 to 40.5	39
9.0 to 10.0	12	40.6 to 41.6	40
10.1 to 11.1	13	41.7 to 42.8	41
11.2 to 12.3	14	42.9 to 43.9	42
12.4 to 13.4	15	44.0 to 45.0	43
13.5 to 14.5	16	45.1 to 46.2	44
14.6 to 15.7	17	46.3 to 47.3	45
15.8 to 16.8	18	47.4 to 48.4	46
16.9 to 17.9	19	48.5 to 49.6	47
18.0 to 19.0	20	49.7 to 50.7	48
19.1 to 20.2	21	50.8 to 51.8	49
20.3 to 21.3	22	51.9 to 52.9	50
21.4 to 22.4	23	53.0 to 54.0	51
22.5 to 23.6	24		
23.7 to 24.7	25		
24.8 to 25.8	26		

**INSTRUCTIONS**

Find the range containing your Handicap Index® in the left column.

Play with the Course Handicap™ in the right column which correspond with that range.

Please make sure the tees you are playing correspond with the tees this table applies to.