WORLD HANDICAP SYSTEM
R&A USGA

COURSE HANDICAP™ TABLE

Frinton Links Golf Club

ENGLAND GOLF

Course Rating 70.9 | **Men's Blue (from 16 Nov 2026)** | Par 71 | Slope 131

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.7	+6	27.3 to 28.1	32
+4.6 to +3.8	+5	28.2 to 28.9	33
+3.7 to +3.0	+4	29.0 to 29.8	34
+2.9 to +2.1	+3	29.9 to 30.7	35
+2.0 to +1.3	+2	30.8 to 31.5	36
+1.2 to +0.4	+1	31.6 to 32.4	37
+0.3 to 0.5	0	32.5 to 33.2	38
0.6 to 1.3	1	33.3 to 34.1	39
1.4 to 2.2	2	34.2 to 35.0	40
2.3 to 3.1	3	35.1 to 35.8	41
3.2 to 3.9	4	35.9 to 36.7	42
4.0 to 4.8	5	36.8 to 37.6	43
4.9 to 5.6	6	37.7 to 38.4	44
5.7 to 6.5	7	38.5 to 39.3	45
6.6 to 7.4	8	39.4 to 40.1	46
7.5 to 8.2	9	40.2 to 41.0	47
8.3 to 9.1	10	41.1 to 41.9	48
9.2 to 10.0	11	42.0 to 42.7	49
10.1 to 10.8	12	42.8 to 43.6	50
10.9 to 11.7	13	43.7 to 44.5	51
11.8 to 12.5	14	44.6 to 45.3	52
12.6 to 13.4	15	45.4 to 46.2	53
13.5 to 14.3	16	46.3 to 47.0	54
14.4 to 15.1	17	47.1 to 47.9	55
15.2 to 16.0	18	48.0 to 48.8	56
16.1 to 16.9	19	48.9 to 49.6	57
17.0 to 17.7	20	49.7 to 50.5	58
17.8 to 18.6	21	50.6 to 51.4	59
18.7 to 19.4	22	51.5 to 52.2	60
19.5 to 20.3	23	52.3 to 53.1	61
20.4 to 21.2	24	53.2 to 53.9	62
21.3 to 22.0	25	54.0 to 54.0	63
22.1 to 22.9	26		
23.0 to 23.8	27		
23.9 to 24.6	28		
24.7 to 25.5	29		
25.6 to 26.3	30		
26.4 to 27.2	31		

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.

WORLD HANDICAP SYSTEM
R&A USGA

COURSE HANDICAP™ TABLE

Frinton Links Golf Club

ENGLAND GOLF

Course Rating 70.5 | **Men's Black (from 16 Nov 2026)** | Par 71 | Slope 128

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.5	+6	28.3 to 29.1	32
+4.4 to +3.6	+5	29.2 to 30.0	33
+3.5 to +2.7	+4	30.1 to 30.8	34
+2.6 to +1.8	+3	30.9 to 31.7	35
+1.7 to +0.9	+2	31.8 to 32.6	36
+0.8 to +0.1	+1	32.7 to 33.5	37
0.0 to 0.8	0	33.6 to 34.4	38
0.9 to 1.7	1	34.5 to 35.3	39
1.8 to 2.6	2	35.4 to 36.1	40
2.7 to 3.5	3	36.2 to 37.0	41
3.6 to 4.4	4	37.1 to 37.9	42
4.5 to 5.2	5	38.0 to 38.8	43
5.3 to 6.1	6	38.9 to 39.7	44
6.2 to 7.0	7	39.8 to 40.6	45
7.1 to 7.9	8	40.7 to 41.4	46
8.0 to 8.8	9	41.5 to 42.3	47
8.9 to 9.7	10	42.4 to 43.2	48
9.8 to 10.5	11	43.3 to 44.1	49
10.6 to 11.4	12	44.2 to 45.0	50
11.5 to 12.3	13	45.1 to 45.9	51
12.4 to 13.2	14	46.0 to 46.7	52
13.3 to 14.1	15	46.8 to 47.6	53
14.2 to 15.0	16	47.7 to 48.5	54
15.1 to 15.8	17	48.6 to 49.4	55
15.9 to 16.7	18	49.5 to 50.3	56
16.8 to 17.6	19	50.4 to 51.2	57
17.7 to 18.5	20	51.3 to 52.0	58
18.6 to 19.4	21	52.1 to 52.9	59
19.5 to 20.3	22	53.0 to 53.8	60
20.4 to 21.1	23	53.9 to 54.0	61
21.2 to 22.0	24		
22.1 to 22.9	25		
23.0 to 23.8	26		
23.9 to 24.7	27		
24.8 to 25.6	28		
25.7 to 26.4	29		
26.5 to 27.3	30		
27.4 to 28.2	31		

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.

WORLD HANDICAP SYSTEM
R&A USGA

COURSE HANDICAP™ TABLE

Frinton Links Golf Club

ENGLAND GOLF

Course Rating 70.4

Men's White (from 16 Nov 2026)

Par 71 Slope 127

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.4	+6	28.6 to 29.4	32
+4.3 to +3.5	+5	29.5 to 30.3	33
+3.4 to +2.6	+4	30.4 to 31.2	34
+2.5 to +1.7	+3	31.3 to 32.1	35
+1.6 to +0.9	+2	32.2 to 33.0	36
+0.8 to 0.0	+1	33.1 to 33.8	37
0.1 to 0.9	0	33.9 to 34.7	38
1.0 to 1.8	1	34.8 to 35.6	39
1.9 to 2.7	2	35.7 to 36.5	40
2.8 to 3.6	3	36.6 to 37.4	41
3.7 to 4.5	4	37.5 to 38.3	42
4.6 to 5.4	5	38.4 to 39.2	43
5.5 to 6.3	6	39.3 to 40.1	44
6.4 to 7.2	7	40.2 to 41.0	45
7.3 to 8.0	8	41.1 to 41.9	46
8.1 to 8.9	9	42.0 to 42.7	47
9.0 to 9.8	10	42.8 to 43.6	48
9.9 to 10.7	11	43.7 to 44.5	49
10.8 to 11.6	12	44.6 to 45.4	50
11.7 to 12.5	13	45.5 to 46.3	51
12.6 to 13.4	14	46.4 to 47.2	52
13.5 to 14.3	15	47.3 to 48.1	53
14.4 to 15.2	16	48.2 to 49.0	54
15.3 to 16.1	17	49.1 to 49.9	55
16.2 to 16.9	18	50.0 to 50.8	56
17.0 to 17.8	19	50.9 to 51.6	57
17.9 to 18.7	20	51.7 to 52.5	58
18.8 to 19.6	21	52.6 to 53.4	59
19.7 to 20.5	22	53.5 to 54.0	60
20.6 to 21.4	23		
21.5 to 22.3	24		
22.4 to 23.2	25		
23.3 to 24.1	26		
24.2 to 25.0	27		
25.1 to 25.8	28		
25.9 to 26.7	29		
26.8 to 27.6	30		
27.7 to 28.5	31		

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.

WORLD HANDICAP SYSTEM
R&A USGA

COURSE HANDICAP™ TABLE

Frinton Links Golf Club

ENGLAND GOLF

Course Rating 69.5 | **Men's Yellow (from 16 Nov 2026)** | Par 71 | Slope 125

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.6	+7	28.1 to 28.9	30
+4.5 to +3.7	+6	29.0 to 29.8	31
+3.6 to +2.8	+5	29.9 to 30.7	32
+2.7 to +1.9	+4	30.8 to 31.6	33
+1.8 to +1.0	+3	31.7 to 32.5	34
+0.9 to +0.1	+2	32.6 to 33.4	35
0.0 to 0.9	+1	33.5 to 34.3	36
1.0 to 1.8	0	34.4 to 35.2	37
1.9 to 2.7	1	35.3 to 36.1	38
2.8 to 3.6	2	36.2 to 37.0	39
3.7 to 4.5	3	37.1 to 37.9	40
4.6 to 5.4	4	38.0 to 38.8	41
5.5 to 6.3	5	38.9 to 39.7	42
6.4 to 7.2	6	39.8 to 40.6	43
7.3 to 8.1	7	40.7 to 41.5	44
8.2 to 9.0	8	41.6 to 42.4	45
9.1 to 9.9	9	42.5 to 43.3	46
10.0 to 10.8	10	43.4 to 44.2	47
10.9 to 11.7	11	44.3 to 45.1	48
11.8 to 12.6	12	45.2 to 46.1	49
12.7 to 13.5	13	46.2 to 47.0	50
13.6 to 14.4	14	47.1 to 47.9	51
14.5 to 15.3	15	48.0 to 48.8	52
15.4 to 16.2	16	48.9 to 49.7	53
16.3 to 17.1	17	49.8 to 50.6	54
17.2 to 18.0	18	50.7 to 51.5	55
18.1 to 18.9	19	51.6 to 52.4	56
19.0 to 19.8	20	52.5 to 53.3	57
19.9 to 20.7	21	53.4 to 54.0	58
20.8 to 21.6	22		
21.7 to 22.5	23		
22.6 to 23.5	24		
23.6 to 24.4	25		
24.5 to 25.3	26		
25.4 to 26.2	27		
26.3 to 27.1	28		
27.2 to 28.0	29		

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.

WORLD HANDICAP SYSTEM
R&A USGA

COURSE HANDICAP™ TABLE

Frinton Links Golf Club

ENGLAND GOLF

Course Rating 68.8 | **Men's Orange (from 16 Nov 2026)** | Par 71 Slope 123

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.9	+8	28.3 to 29.1	29
+4.8 to +4.0	+7	29.2 to 30.0	30
+3.9 to +3.1	+6	30.1 to 30.9	31
+3.0 to +2.2	+5	31.0 to 31.8	32
+2.1 to +1.2	+4	31.9 to 32.7	33
+1.1 to +0.3	+3	32.8 to 33.7	34
+0.2 to 0.6	+2	33.8 to 34.6	35
0.7 to 1.5	+1	34.7 to 35.5	36
1.6 to 2.4	0	35.6 to 36.4	37
2.5 to 3.3	1	36.5 to 37.3	38
3.4 to 4.3	2	37.4 to 38.3	39
4.4 to 5.2	3	38.4 to 39.2	40
5.3 to 6.1	4	39.3 to 40.1	41
6.2 to 7.0	5	40.2 to 41.0	42
7.1 to 7.9	6	41.1 to 41.9	43
8.0 to 8.9	7	42.0 to 42.9	44
9.0 to 9.8	8	43.0 to 43.8	45
9.9 to 10.7	9	43.9 to 44.7	46
10.8 to 11.6	10	44.8 to 45.6	47
11.7 to 12.5	11	45.7 to 46.5	48
12.6 to 13.5	12	46.6 to 47.4	49
13.6 to 14.4	13	47.5 to 48.4	50
14.5 to 15.3	14	48.5 to 49.3	51
15.4 to 16.2	15	49.4 to 50.2	52
16.3 to 17.1	16	50.3 to 51.1	53
17.2 to 18.0	17	51.2 to 52.0	54
18.1 to 19.0	18	52.1 to 53.0	55
19.1 to 19.9	19	53.1 to 53.9	56
20.0 to 20.8	20	54.0 to 54.0	57
20.9 to 21.7	21		
21.8 to 22.6	22		
22.7 to 23.6	23		
23.7 to 24.5	24		
24.6 to 25.4	25		
25.5 to 26.3	26		
26.4 to 27.2	27		
27.3 to 28.2	28		

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.

WORLD HANDICAP SYSTEM
R&A USGA

COURSE HANDICAP™ TABLE

Frinton Links Golf Club

ENGLAND Ggolf

Course Rating 67.6 | **Men's Red (from 16 Nov 2026)** | Par 71 | Slope 117

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +5.0	+9	28.9 to 29.8	27
+4.9 to +4.0	+8	29.9 to 30.8	28
+3.9 to +3.0	+7	30.9 to 31.7	29
+2.9 to +2.1	+6	31.8 to 32.7	30
+2.0 to +1.1	+5	32.8 to 33.7	31
+1.0 to +0.1	+4	33.8 to 34.6	32
0.0 to 0.8	+3	34.7 to 35.6	33
0.9 to 1.8	+2	35.7 to 36.6	34
1.9 to 2.8	+1	36.7 to 37.5	35
2.9 to 3.7	0	37.6 to 38.5	36
3.8 to 4.7	1	38.6 to 39.5	37
4.8 to 5.6	2	39.6 to 40.4	38
5.7 to 6.6	3	40.5 to 41.4	39
6.7 to 7.6	4	41.5 to 42.3	40
7.7 to 8.5	5	42.4 to 43.3	41
8.6 to 9.5	6	43.4 to 44.3	42
9.6 to 10.5	7	44.4 to 45.2	43
10.6 to 11.4	8	45.3 to 46.2	44
11.5 to 12.4	9	46.3 to 47.2	45
12.5 to 13.4	10	47.3 to 48.1	46
13.5 to 14.3	11	48.2 to 49.1	47
14.4 to 15.3	12	49.2 to 50.1	48
15.4 to 16.3	13	50.2 to 51.0	49
16.4 to 17.2	14	51.1 to 52.0	50
17.3 to 18.2	15	52.1 to 53.0	51
18.3 to 19.2	16	53.1 to 53.9	52
19.3 to 20.1	17	54.0 to 54.0	53
20.2 to 21.1	18		
21.2 to 22.1	19		
22.2 to 23.0	20		
23.1 to 24.0	21		
24.1 to 25.0	22		
25.1 to 25.9	23		
26.0 to 26.9	24		
27.0 to 27.9	25		
28.0 to 28.8	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.