WORLD HANDICAP SYSTEM
R&A USGA

COURSE HANDICAP™ TABLE

Frinton Links Golf Club

ENGLAND Ggolf

Course Rating 73.1 | **Women's Red (from 16 Nov 2026)** | Par 73 | Slope 136

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.7	+6	26.1 to 26.9	32
+4.6 to +3.9	+5	27.0 to 27.7	33
+3.8 to +3.0	+4	27.8 to 28.5	34
+2.9 to +2.2	+3	28.6 to 29.4	35
+2.1 to +1.4	+2	29.5 to 30.2	36
+1.3 to +0.5	+1	30.3 to 31.0	37
+0.4 to 0.3	0	31.1 to 31.9	38
0.4 to 1.1	1	32.0 to 32.7	39
1.2 to 1.9	2	32.8 to 33.5	40
2.0 to 2.8	3	33.6 to 34.3	41
2.9 to 3.6	4	34.4 to 35.2	42
3.7 to 4.4	5	35.3 to 36.0	43
4.5 to 5.3	6	36.1 to 36.8	44
5.4 to 6.1	7	36.9 to 37.7	45
6.2 to 6.9	8	37.8 to 38.5	46
7.0 to 7.8	9	38.6 to 39.3	47
7.9 to 8.6	10	39.4 to 40.2	48
8.7 to 9.4	11	40.3 to 41.0	49
9.5 to 10.3	12	41.1 to 41.8	50
10.4 to 11.1	13	41.9 to 42.7	51
11.2 to 11.9	14	42.8 to 43.5	52
12.0 to 12.7	15	43.6 to 44.3	53
12.8 to 13.6	16	44.4 to 45.1	54
13.7 to 14.4	17	45.2 to 46.0	55
14.5 to 15.2	18	46.1 to 46.8	56
15.3 to 16.1	19	46.9 to 47.6	57
16.2 to 16.9	20	47.7 to 48.5	58
17.0 to 17.7	21	48.6 to 49.3	59
17.8 to 18.6	22	49.4 to 50.1	60
18.7 to 19.4	23	50.2 to 51.0	61
19.5 to 20.2	24	51.1 to 51.8	62
20.3 to 21.1	25	51.9 to 52.6	63
21.2 to 21.9	26	52.7 to 53.5	64
22.0 to 22.7	27	53.6 to 54.0	65
22.8 to 23.5	28		
23.6 to 24.4	29		
24.5 to 25.2	30		
25.3 to 26.0	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 75.8 | **Women's Yellow (from 16 Nov 2026)** | Par 73 | Slope 142

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.3	+3	25.3 to 26.0	35
+4.2 to +3.5	+2	26.1 to 26.8	36
+3.4 to +2.7	+1	26.9 to 27.6	37
+2.6 to +1.9	0	27.7 to 28.4	38
+1.8 to +1.1	1	28.5 to 29.2	39
+1.0 to +0.3	2	29.3 to 30.0	40
+0.2 to 0.5	3	30.1 to 30.7	41
0.6 to 1.3	4	30.8 to 31.5	42
1.4 to 2.1	5	31.6 to 32.3	43
2.2 to 2.9	6	32.4 to 33.1	44
3.0 to 3.7	7	33.2 to 33.9	45
3.8 to 4.5	8	34.0 to 34.7	46
4.6 to 5.3	9	34.8 to 35.5	47
5.4 to 6.1	10	35.6 to 36.3	48
6.2 to 6.9	11	36.4 to 37.1	49
7.0 to 7.7	12	37.2 to 37.9	50
7.8 to 8.5	13	38.0 to 38.7	51
8.6 to 9.3	14	38.8 to 39.5	52
9.4 to 10.1	15	39.6 to 40.3	53
10.2 to 10.9	16	40.4 to 41.1	54
11.0 to 11.6	17	41.2 to 41.9	55
11.7 to 12.4	18	42.0 to 42.7	56
12.5 to 13.2	19	42.8 to 43.5	57
13.3 to 14.0	20	43.6 to 44.3	58
14.1 to 14.8	21	44.4 to 45.1	59
14.9 to 15.6	22	45.2 to 45.9	60
15.7 to 16.4	23	46.0 to 46.7	61
16.5 to 17.2	24	46.8 to 47.5	62
17.3 to 18.0	25	47.6 to 48.3	63
18.1 to 18.8	26	48.4 to 49.0	64
18.9 to 19.6	27	49.1 to 49.8	65
19.7 to 20.4	28	49.9 to 50.6	66
20.5 to 21.2	29	50.7 to 51.4	67
21.3 to 22.0	30	51.5 to 52.2	68
22.1 to 22.8	31	52.3 to 53.0	69
22.9 to 23.6	32	53.1 to 53.8	70
23.7 to 24.4	33	53.9 to 54.0	71
24.5 to 25.2	34		

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.