

Course Rating 70.0

Women's Blue (from 8 Jan 2026)

Par 70

Slope 118

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.4	+5	28.3 to 29.2	30
+4.3 to +3.4	+4	29.3 to 30.1	31
+3.3 to +2.4	+3	30.2 to 31.1	32
+2.3 to +1.5	+2	31.2 to 32.0	33
+1.4 to +0.5	+1	32.1 to 33.0	34
+0.4 to 0.4	0	33.1 to 33.9	35
0.5 to 1.4	1	34.0 to 34.9	36
1.5 to 2.3	2	35.0 to 35.9	37
2.4 to 3.3	3	36.0 to 36.8	38
3.4 to 4.3	4	36.9 to 37.8	39
4.4 to 5.2	5	37.9 to 38.7	40
5.3 to 6.2	6	38.8 to 39.7	41
6.3 to 7.1	7	39.8 to 40.6	42
7.2 to 8.1	8	40.7 to 41.6	43
8.2 to 9.0	9	41.7 to 42.6	44
9.1 to 10.0	10	42.7 to 43.5	45
10.1 to 11.0	11	43.6 to 44.5	46
11.1 to 11.9	12	44.6 to 45.4	47
12.0 to 12.9	13	45.5 to 46.4	48
13.0 to 13.8	14	46.5 to 47.4	49
13.9 to 14.8	15	47.5 to 48.3	50
14.9 to 15.8	16	48.4 to 49.3	51
15.9 to 16.7	17	49.4 to 50.2	52
16.8 to 17.7	18	50.3 to 51.2	53
17.8 to 18.6	19	51.3 to 52.1	54
18.7 to 19.6	20	52.2 to 53.1	55
19.7 to 20.5	21	53.2 to 54.0	56
20.6 to 21.5	22		
21.6 to 22.5	23		
22.6 to 23.4	24		
23.5 to 24.4	25		
24.5 to 25.3	26		
25.4 to 26.3	27		
26.4 to 27.2	28		
27.3 to 28.2	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.