# Golf club distance chart: average yards by handicap

On-course averages from Shot Scope. They include every shot hit with each club, so the wedge numbers read short. Shot Scope doesn't say whether they are carry or total distance.

## Men

| Club | Scratch | Hcp 5 | Hcp 10 | Hcp 15 | Hcp 20 | Hcp 25 |
|---|---|---|---|---|---|---|
| Driver | 285 | 261 | 259 | 236 | 225 | 204 |
| 3-wood | 261 | 234 | 227 | 215 | 195 | 178 |
| 4-iron | 223 | 201 | 199 | 186 | 169 | 151 |
| 5-iron | 200 | 183 | 187 | 169 | 162 | 143 |
| 6-iron | 185 | 172 | 171 | 162 | 151 | 137 |
| 7-iron | 178 | 164 | 161 | 154 | 146 | 132 |
| 8-iron | 166 | 153 | 150 | 146 | 138 | 122 |
| 9-iron | 155 | 139 | 140 | 136 | 129 | 108 |
| Pitching wedge | 141 | 126 | 127 | 121 | 108 | 90 |
| Gap wedge | 126 | 109 | 110 | 104 | 94 | 79 |
| Sand wedge | 105 | 86 | 98 | 84 | 85 | 80 |
| Lob wedge | 86 | 71 | 79 | 75 | 78 | 49 |

Source: Shot Scope on-course data for men, published by MyGolfSpy (7 Jan 2025, updated 6 Jul 2026)

## Women

| Club | Scratch | Hcp 5 | Hcp 10 | Hcp 15 | Hcp 20 | Hcp 25 | Hcp 30 |
|---|---|---|---|---|---|---|---|
| Driver | 237 | 222 | 204 | 185 | 174 | 167 | 152 |
| 3-wood | 210 | 195 | 173 | 157 | 147 | 138 | 131 |
| 5-wood | 206 | 181 | 164 | 146 | 143 | 133 | 124 |
| 7-wood | 181 | 170 | 151 | 139 | 137 | 128 | 118 |
| 4-hybrid | 199 | 168 | 152 | 142 | 131 | 129 | 118 |
| 5-hybrid | 175 | 158 | 148 | 133 | 127 | 124 | 116 |
| 5-iron | 176 | 153 | 144 | 140 | 124 | 120 | 114 |
| 6-iron | 167 | 145 | 138 | 129 | 118 | 114 | 109 |
| 7-iron | 156 | 138 | 126 | 119 | 107 | 103 | 98 |
| 8-iron | 149 | 126 | 118 | 110 | 98 | 94 | 88 |
| 9-iron | 138 | 117 | 108 | 95 | 85 | 86 | 79 |
| Pitching wedge | 129 | 99 | 87 | 76 | 69 | 66 | 63 |
| Gap wedge | 103 | 80 | 72 | 64 | 62 | 56 | 55 |
| Sand wedge | 94 | 53 | 48 | 46 | 41 | 41 | 42 |
| Lob wedge | 71 | 40 | 37 | 37 | 35 | 35 | 30 |

Source: Shot Scope on-course data for women, published by MyGolfSpy (8 Apr 2026)

Your own numbers matter more: getaicaddy.com/how-far-should-i-hit-each-club