



## Height Conversion Table:

Height (feet/inches)	Height (metres)
2'9"	0.84
2'10"	0.86
2'11"	0.89
3'0"	0.91
3'1"	0.94
3'2"	0.97
3'3"	0.99
3'4"	1.02
3'5"	1.04
3'6"	1.07
3'7"	1.09
3'8"	1.12
3'9"	1.14
3'10"	1.17
3'11"	1.19
4'0"	1.22
4'1"	1.24
4'2"	1.27
4'3"	1.30
4'4"	1.32
4'5"	1.35
4'6"	1.37
4'7"	1.40
4'8"	1.42
4'9"	1.45
4'10"	1.47
4'11"	1.50
5'0"	1.52
5'1"	1.55
5'2"	1.57
5'3"	1.60
5'4"	1.63
5'5"	1.65
5'6"	1.68
5'7"	1.70
5'8"	1.73
5'9"	1.75
5'10"	1.78
5'11"	1.80
6'0"	1.83
6'1"	1.85
6'2"	1.88
6'3"	1.91
6'4"	1.93
6'5"	1.96
6'6"	1.98

### Points to note:

Medieval heights are normally rounded to the nearest inch. Metric heights are normally rounded to the nearest centimetre.

1.57m may be given as 157 cm, but giving your height in metres is normally preferred.

However, when you hear people say their height in metric, they will often say, 'One fifty seven,' and this can then be interpreted as 'One metre, fifty seven centimetres' or '1.57 metres', whichever you prefer.

This is very similar to the way we speak about money. When we say a jar of jam costs, 'One thirty six', we can interpret that as 'One pound, thirty six pence' or 'One hundred and thirty six pence', whichever we prefer.

Weight (st/lb)	Weight (Kg)
2st 0lb	13
2st 1lb	13
2st 2lb	14
2st 3lb	14
2st 4lb	15
2st 5lb	15
2st 6lb	15
2st 7lb	16
2st 8lb	16
2st 9lb	17
2st 10lb	17
2st 11lb	18
2st 12lb	18
2st 13lb	19
3st 0lb	19
3st 1lb	20
3st 2lb	20
3st 3lb	20
3st 4lb	21
3st 5lb	21
3st 6lb	22
3st 7lb	22
3st 8lb	23
3st 9lb	23
3st 10lb	24
3st 11lb	24
3st 12lb	25
3st 13lb	25
4st 0lb	25
4st 1lb	26
4st 2lb	26
4st 3lb	27
4st 4lb	27
4st 5lb	28
4st 6lb	28
4st 7lb	29
4st 8lb	29
4st 9lb	30
4st 10lb	30
4st 11lb	30
4st 12lb	31
4st 13lb	31

## Weight Conversion Table:

### Points to note:

Medieval weights are normally rounded to the nearest pound. Metric weights are normally rounded to the nearest kilogram.

We can see how much easier it is to write metric weights than Medieval weights. And don't forget each kilogram someone is overweight is equivalent to a large tub of butter or margarine. There is no easy way to imagine a stone as this is now a redundant unit or even a pound since this is no longer used for butter or margarine.

Strictly speaking, we should be referring to body mass and not weight (this applies to both Medieval and Metric units), but one thing at a time!

### Weight Watchers:

Don't panic when you notice that sometimes two Imperial weights translate to just one metric weight (e.g. 3st 10 lb and 3st 11 lb both translate to 24 kg). You may think we have lost a great deal of accuracy here, but all that has happened is that the kilogram is a larger unit than the pound and so this will occur sometimes.

However, when you consider how much your body weight can vary over a 24 hour period, just by eating and going to the toilet a few times and then you think how accurate (or inaccurate!) domestic scales are anyway, this is not a problem of any significance. In 2013 I went on one of those roaming holidays where you stay in different hotel every couple of days and I weighed myself on every set of scales I could find. The difference between the lowest weight and the highest was over 6 kg!

The secret is to always weigh yourself on the same set of scales whenever possible.

Weight (st/lb)	Weight (Kg)
5st 0lb	32
5st 1lb	32
5st 2lb	33
5st 3lb	33
5st 4lb	34
5st 5lb	34
5st 6lb	35
5st 7lb	35
5st 8lb	35
5st 9lb	36
5st 10lb	36
5st 11lb	37
5st 12lb	37
5st 13lb	38
6st 0lb	38
6t 1lb	39
6t 2lb	39
6t 3lb	40
6t 4lb	40
6t 5lb	40
6t 6lb	41
6t 7lb	41
6t 8lb	42
6t 9lb	42
6t 10lb	43
6t 11lb	43
6st 12lb	44
6st 13lb	44
7st 0lb	45
7st 1lb	45
7st 2lb	45
7st 3lb	46
7st 4lb	46
7st 5lb	47
7st 6lb	47
7st 7lb	48
7st 8lb	48
7st 9lb	49
7st 10lb	49
7st 11lb	50
7st 12lb	50
7st 13lb	50

Weight (st/lb)	Weight (Kg)
8st 0lb	51
8st 1lb	51
8st 2lb	52
8st 3lb	52
8st 4lb	53
8st 5lb	53
8st 6lb	54
8st 7lb	54
8st 8lb	55
8st 9lb	55
8st 10lb	55
8st 11lb	56
8st 12lb	56
8st 13lb	57
9st 0lb	57
9t 1lb	58
9t 2lb	58
9t 3lb	59
9t 4lb	59
9t 5lb	60
9t 6lb	60
9t 7lb	60
9t 8lb	61
9t 9lb	61
9t 10lb	62
9t 11lb	62
9st 12lb	63
9st 13lb	63
10st 0lb	64
10st 1lb	64
10st 2lb	65
10st 3lb	65
10st 4lb	65
10st 5lb	66
10st 6lb	66
10st 7lb	67
10st 8lb	67
10st 9lb	68
10st 10lb	68
10st 11lb	69
10st 12lb	69
10st 13lb	70

Weight (st/lb)	Weight (Kg)
11st 0lb	70
11st 1lb	70
11st 2lb	71
11st 3lb	71
11st 4lb	72
11st 5lb	72
11st 6lb	73
11st 7lb	73
11st 8lb	74
11st 9lb	74
11st 10lb	75
11st 11lb	75
11st 12lb	75
11st 13lb	76
12st 0lb	76
12t 1lb	77
12t 2lb	77
12t 3lb	78
12t 4lb	78
12t 5lb	79
12t 6lb	79
12t 7lb	80
12t 8lb	80
12t 9lb	80
12t 10lb	81
12t 11lb	81
12st 12lb	82
12st 13lb	82
13st 0lb	83
13st 1lb	83
13st 2lb	84
13st 3lb	84
13st 4lb	85
13st 5lb	85
13st 6lb	85
13st 7lb	86
13st 8lb	86
13st 9lb	87
13st 10lb	87
13st 11lb	88
13st 12lb	88
13st 13lb	89

Weight (st/lb)	Weight (Kg)
14st 0lb	89
14st 1lb	90
14st 2lb	90
14st 3lb	90
14st 4lb	91
14st 5lb	91
14st 6lb	92
14st 7lb	92
14st 8lb	93
14st 9lb	93
14st 10lb	94
14st 11lb	94
14st 12lb	95
14st 13lb	95
15st 0lb	95
15t 1lb	96
15t 2lb	96
15t 3lb	97
15t 4lb	97
15t 5lb	98
15t 6lb	98
15t 7lb	99
15t 8lb	99
15t 9lb	100
15t 10lb	100
15t 11lb	100
15st 12lb	101
15st 13lb	101
16st 0lb	102
16st 1lb	102
16st 2lb	103
16st 3lb	103
16st 4lb	104
16st 5lb	104
16st 6lb	105
16st 7lb	105
16st 8lb	105
16st 9lb	106
16st 10lb	106
16st 11lb	107
16st 12lb	107
16st 13lb	108

Weight (st/lb)	Weight (Kg)
17st 0lb	108
17st 1lb	109
17st 2lb	109
17st 3lb	110
17st 4lb	110
17st 5lb	110
17st 6lb	111
17st 7lb	111
17st 8lb	112
17st 9lb	112
17st 10lb	113
17st 11lb	113
17st 12lb	114
17st 13lb	114
18st 0lb	115
18t 1lb	115
18t 2lb	115
18t 3lb	116
18t 4lb	116
18t 5lb	117
18t 6lb	117
18t 7lb	118
18t 8lb	118
18t 9lb	119
18t 10lb	119
18t 11lb	120
18st 12lb	120
18st 13lb	120
19st 0lb	121
19st 1lb	121
19st 2lb	122
19st 3lb	122
19st 4lb	123
19st 5lb	123
19st 6lb	124
19st 7lb	124
19st 8lb	125
19st 9lb	125
19st 10lb	125
19st 11lb	126
19st 12lb	126
19st 13lb	127

## Baby Weight Conversion Table:

Weight (lb/oz)	Weight (Kg)
4lb 0oz	1.800
4lb 1oz	1.850
4lb 2oz	1.850
4lb 3oz	1.900
4lb 4oz	1.950
4lb 5oz	1.950
4lb 6oz	2.000
4lb 7oz	2.000
4lb 8oz	2.050
4lb 9oz	2.050
4lb 10oz	2.100
4lb 11oz	2.150
4lb 12oz	2.150
4lb 13oz	2.200
4lb 14oz	2.200
4lb 15oz	2.250
5lb 0oz	2.250
5lb 1oz	2.300
5lb 2oz	2.300
5lb 3oz	2.350
5lb 4oz	2.400
5lb 5oz	2.400
5lb 6oz	2.450
5lb 7oz	2.450
5lb 8oz	2.500
5lb 9oz	2.500
5lb 10oz	2.550
5lb 11oz	2.600
5lb 12oz	2.600
5lb 13oz	2.650
5lb 14oz	2.650
5lb 15oz	2.700
6lb 0oz	2.700
6lb 1oz	2.750
6lb 2oz	2.800
6lb 3oz	2.800
6lb 4oz	2.850
6lb 5oz	2.850
6lb 6oz	2.900
6lb 7oz	2.900
6lb 8oz	2.950
6lb 9oz	3.000
6lb 10oz	3.000
6lb 11oz	3.050
6lb 12oz	3.050
6lb 13oz	3.100
6lb 14oz	3.100
6lb 15oz	3.150

### Points to note:

Medieval weights for babies are normally rounded to the nearest ounce. Metric weights are normally rounded to the nearest 50g. This is so in every country I have investigated.

If you wish, you can give the weight in grams, so 2.350 kg would be read as 2350 grams.

It may seem as though inaccuracies are creeping in as two different Medieval weights can lead to the same Metric weight. But don't forget that babies are now weighed in Metric at birth and have been for many years. (I believe it is now the law that all medical records have to be recorded in Metric units). The first inaccuracy crept in when the Metric weight was converted to Medieval in the first place, so go back to the original Metric weight if you can. If you cannot, this table is accurate enough as 50 grams is only a small wee, poo or drink. What the heck!

If you are interested, the average birth weight of a western baby is about 3.5 kg (about 7.7 lb in Medieval units).

<b>Weight (lb/oz)</b>	<b>Weight (Kg)</b>
7lb 0oz	3.200
7lb 1oz	3.200
7lb 2oz	3.250
7lb 3oz	3.250
7lb 4oz	3.300
7lb 5oz	3.300
7lb 6oz	3.350
7lb 7oz	3.350
7lb 8oz	3.400
7lb 9oz	3.450
7lb 10oz	3.450
7lb 11oz	3.500
7lb 12oz	3.500
7lb 13oz	3.550
7lb 14oz	3.550
7lb 15oz	3.600
8lb 0oz	3.650
8lb 1oz	3.650
8lb 2oz	3.700
8lb 3oz	3.700
8lb 4oz	3.750
8lb 5oz	3.750
8lb 6oz	3.800
8lb 7oz	3.850
8lb 8oz	3.850
8lb 9oz	3.900
8lb 10oz	3.900
8lb 11oz	3.950
8lb 12oz	3.950
8lb 13oz	4.000
8lb 14oz	4.050
8lb 15oz	4.050
9lb 0oz	4.100
9lb 1oz	4.100
9lb 2oz	4.150
9lb 3oz	4.150
9lb 4oz	4.200
9lb 5oz	4.200
9lb 6oz	4.250
9lb 7oz	4.300
9lb 8oz	4.300
9lb 9oz	4.350
9lb 10oz	4.350
9lb 11oz	4.400
9lb 12oz	4.400
9lb 13oz	4.450
9lb 14oz	4.500
9lb 15oz	4.500