

Freed Group Women's Scottish Open

Wednesday, August 2, 2023

Troon, Scotland, UK

Dundonald Links

Charley Hull

Press Conference

THE MODERATOR: Pleased to be joined by Charley Hull. Welcome back to Dundonald and back to the women's Scottish.

CHARLEY HULL: Yeah, it's really good. I actually enjoy playing this golf course. It's a lot of fun. The wind direction goes in a completely different direction to what I've usually played it in before. So playing completely different.

THE MODERATOR: We've heard that a lot from players that have gone out in a couple practise rounds, the winds are definitely different than, per se, last year.

What's that like for you to adjust when you got here? We also know it is a little bit softer this year.

CHARLEY HULL: It's actually quite fun because it's like getting to know a new golf course, almost. It was driver, 4-iron into 9 today, and last year I hit 3-wood, lob-wedge. Yeah, it's a lot different.

THE MODERATOR: Before the Evian Championship, we saw an impressive, incredible performance at the U.S. Women's Open. What have you talk taken from your experience a few weeks ago going into this European swing?

CHARLEY HULL: Yeah, I feel like my game is in good shape. I was ill last week. I had a bit of vertigo in the first round. I've still got a bit of a cold now. It was a weird virus I had.

No, I feel really good. This is a good warmup for the British Open next week. Obviously this is a different golf course but not on links. But still, it's not completely different. Like it's kind of linksy, Walton Heath. It's more heathland.

Q. Have you played at Walton Heath?

CHARLEY HULL: Yeah, I played a couple of times, and I enjoy it.



Q. Did I see you play with Tom Lewis?

CHARLEY HULL: We played it end of February. Tom is a good mate of mine. We played there. It was good fun. We had like a three-day competition. Played there, Walton Heath, Queenwood and Woburn.

Q. And this sounds to me like you're starting to love links golf?

CHARLEY HULL: Yeah, I actually embrace now. You've just got to be patient and not expect too much.

Q. And you're loving this course?

CHARLEY HULL: Yeah, because I find like it's actually, you can kind of see like the fairways and bunkers and stuff. Where a lot of links courses, it's trying to hit open field where this has a bit more character to it I think.

Q. Having finished second at the U.S. Open and going into AIG and obviously being back playing in the UK, can you talk about how much -- I know you love playing in the UK? Can you talk about why?

CHARLEY HULL: Probably because I can drive every now. So if want to go somewhere, I can just drive.

But yeah, I drove to Scotland this week and I'll be driving back down next week, and I'm staying at home next week for the tournament which is good.

Q. So you passed your driving test, when?

CHARLEY HULL: January.

Q. And how much are you loving driving?

CHARLEY HULL: Yeah, I enjoy it now. I find it a bit boring sometimes but I enjoy it. I just couldn't go anywhere. And this -- anywhere, there and everywhere, not having to get taxis and Ubers. I tell you what, I could have saved a lot of money if I didn't spend it on taxis and Ubers but I suppose it's all part of the fun.



THE MODERATOR: I was going to ask, you talked a little about the fact of being back in the UK is something that you enjoy, you're more comfortable here, and we saw another impressive performance back at the Aramco London when you were able to shoot what you shot. When you think back on a round like that? What do you take away from that being back in Europe?

CHARLEY HULL: Just literally having fun. I love playing in Europe. It's not far from home. I'm very much a home person. I get very homesick.

So that's why I cut back my schedule a lot because I just end up not concentrating on the golf course and wishing I was home. That's why I do two weeks on the trot and then a couple weeks back home.

THE MODERATOR: And you also talked to the BBC I think during that week, talking about the ADD/ADHD diagnosis. How much does that help put things in perspective for you?

CHARLEY HULL: Yeah, it is pretty good but it's kind of hard at the same time. Sometimes you feel like you're a prisoner in your own head. I'm very, like, 100-miles-an-hour person, and obviously I can't take some of the medication for it because the Tour doesn't allow it like with the doping and stuff which is pretty annoying, so it's just trying to find managing ways around it.

Q. What's your biggest managing strategy?

CHARLEY HULL: Oh, easy. I'm out the door at seven in the morning and don't come in till 11 o'clock at night because I just can't sit down. I can't sit down. I can't remember the last time I watched a movie. I can't go to the cinema and watch a movie. I'd have to go to about ten toilet breaks and just keep coming in and out. It's just crazy.

I don't know, I just have to -- I can only do things -- like I have to real concentrate on things that I'm super interested in. Things like colouring, I enjoy colouring. I don't know, it's just a little bit of a weird one.

Q. Has it been more just understanding why you're like that has been comforting and easier?

CHARLEY HULL: Yeah, a hundred per cent. When you talk to a therapist and that, sometimes it can be hard because I struggle sleeping sometimes. I went for -- like a couple weeks ago at the Aramco, in four days I had like 2 1/2 hours sleep over four days. That was pretty crazy, and I crashed out for one day and slept for 16 hours. I had Georgia ringing my phone checking if I was okay. I'm like,

Georgia, I was sleeping.

Q. Having an explanation, that happened in the past at times and you thought, this isn't right, and now you know what it is. Do you have any specific coping mechanism?

CHARLEY HULL: Deep breaths and just try and -- I find like the gym actually helps because essentially, like, the dopamine levels and when I do a run, I feel amazing after for like a how hours, and cold showers help me, actually, as well, cold shower therapy and that kind of stuff.

Q. Hopefully cold wind?

CHARLEY HULL: Hopefully, yeah, it's not too bad.

Q. Do 18 holes of golf ever seem too much, and do you just sort of tune out after 16 holes?

CHARLEY HULL: Yeah, sometimes I wish golf was 12 holes.

Yeah, I have to go out there with a challenge. I do get bored on the golf course sometimes, especially when it's slow, I usually just try to take in the views and stuff and think about other things. I get a bit impatient at times. I think everyone can see that. It's just coping with it, and sometimes when I made the 10 the other week, I kind of, not enjoyed it, making the 10, but I saw it as more of a challenge. I thought, let's bounce back from this. So I try and think like that.

Q. What would you notice on the course?

CHARLEY HULL: The flowers, the views. The seals in the sea at the U.S. Open and just the cliffs and that, just stuff like that.

I've also then found out that -- I drink a lot of water, and I've never understood why I drink a lot of water. I found out it's actually a big thing with ADHD. If you drink water, it helps with your ADHD. And I thought, oh, I never realised why I actually do that, kind of self -- kind of did it myself.

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