

Betfred British Masters hosted by Danny Willett

Friday, May 6, 2022
Sutton, Coldfield, England
The Belfry

Richie Ramsay

Quick Quotes

Q. Very safe and stable 69 today. Talk us through it?

RICHIE RAMSAY: It was. It was a little bit of a battle at times. It was a decent breeze, obviously more than yesterday and slightly different direction. Some of the holes it played easy yesterday, were quite tricky today. Guy was really good on the bag. His heart rate doesn't change, whether you're leading by ten or you're missing the cut by ten. So that was kind of quite a calming influence. Just managed to pick off the shot and he took care of the wind and all culminated in a good score.

Q. That might come in very handy on the weekend but as the day is unfolding, were you keeping an eye on the leaderboard?

RICHIE RAMSAY: I did keep an eye on 18. It looked good to me. It's just nice to see your name up there. As you go through ups and downs, there wasn't a kind of clear movement forward all the time.

It's like your life is kind of going up-and-down, and I think I've dealt with a little bit of the downs over the last five weeks really well and the people around me. Huge believer that it doesn't matter whether you play sport or life in general, if you've got good people around you, it really helps you. Had a great chat with Ian Rae on Tuesday evening, and that cleared my head. I think there's a reason why I shot some good scores today.

Q. Do you feel like what we're seeing from you is the product of the patience that we've shown and what you've had to deal with the last couple of years?

RICHIE RAMSAY: I think just like anything, you've got to be consistent every day. Be your best you can every day. If that's not enough, I can walk away with my held held high. I firmly believe nine times out of ten, good things will come out of that.

I listen to a lot of podcasts, and I listen to the High Performance Podcast, inspired by Chris Hoy or different



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sports people. I watch Resurfacing at the end of night with Andy Murray and that stuff is really inspirational, especially when they are Scottish because you look up to them and you want to be on a stage that they have been on and try and sort of represent Scotland as best you can.

Q. Lastly I know there's a lot more golf to be played today but looks like you're going to have a very late tee off tomorrow. Will you have a chat, how will you approach tomorrow?

RICHIE RAMSAY: Normally have a nice nap sort of end of the morning, so probably get up early. As long as I get my nap in, I'll be fine. I think that's the key. Everybody knows I like to sleep. You've just got to look at it, if you told a 14-year-old Richie Ramsay he would be breeding the British Masters, you would grab it out of your hand.

So I've got to take that attitude tomorrow and really enjoy it and soak it up.

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