

The Amateur Championship

Quick Quotes

Monday, 17 June 2024

James Ashfield

R&A
THE AMATEUR
CHAMPIONSHIP

Q. James, lovely start to The Amateur, birdieing 18 must have been extra nice.

JAMES ASHFIELD: Yeah, definitely, I played good golf. I had a couple keys I was trying to use to keep myself in the present and it was good to see a putt finally drop to be honest with you. On the back nine, I gave myself plenty of chances. I played well.

Q. What were the keys in your mind?

JAMES ASHFIELD: Being patient out there. I think that's a big key for me. I get a little frustrated sometimes. Being patient was probably the number one priority, which I clearly was with the amount of chances I was giving myself today.

Also, just staying calm in my golf swing, especially when it gets a bit windy out there.

Q. Talk to us about the birdie on 18 from tee-to-green.

JAMES ASHFIELD: Wind was off the left. Me and my caddie, Rich, we decided to hit driver. It brought both the bunkers into play but I drove it pretty well all day. I hit a little hold-up draw against the wind. I was in a bit of awkward stance, ball below my feet. Wind off the left again. So I thought, hold-up 2-iron. Saw it run through the back of the green and hit a little pacey past, probably gave myself five feet and then holed it. Centre of the cup. Excited to see that go in.

Q. You're an old hat at The Amateur Championship.

JAMES ASHFIELD: Fourth year, I think.

Q. You've done well. It's a long week. What's the secret to performing well?

JAMES ASHFIELD: Definitely a lot of sleep, I'd say. Recovery is key. Definitely going to go get some NormaTec on my legs after in the gym, and resting up when you can. Not doing too much early on in the week.

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