

ISPS HANDA Women's Scottish Open

Wednesday, July 22, 2026

Ayrshire, Scotland, UK

Dundonald Links

Georgia Hall

Press Conference

Q. Welcome back to the ISPS Handa Women's Scottish Open. You've been busy since we last saw you. Can you tell us a little bit about what you have been up to?

GEORGIA HALL: I gave birth to my son in February and then about six weeks after, I started picking up golf clubs. Now I'm here, it's my first kind of LPGA event back. I wanted to start in Scotland because it's like my favourite place ever, so I'm really happy to be here.

Q. I know that you absolutely love playing links golf, as well. What is it about links golf that just gets you going?

GEORGIA HALL: I think it's just like real golf and I just love the wind and the weather involved in it, and you have to be really creative. So yeah, and I just love the scenery and it's really pretty and I enjoy playing. I'm a big fan.

Q. How are you feeling about your game? Are you feeling good going in?

GEORGIA HALL: Yeah, I feel like my body is getting a lot better as the weeks progress. So that's the main thing. But yeah, trying to peak for best time of the year, obviously, and yeah, it's nice to have a card back in my hand and play under a bit of pressure.

Q. You're inspired by Scotland's own Catriona Matthew because she won at Lytham. Have you chatted to her about how she did it?

GEORGIA HALL: Yeah, I sent a few texts asking for some advice, just coming back after a baby and the mindset of it and playing big events again. She gave some great advice to me, and obviously she's like such a great player and a great role model to talk to. Hopefully it works, yeah.

Q. Would you mind sharing your top bit of advice from her?



GEORGIA HALL: Probably, top bit, there was a few good ones, but I think the top one is in a good way, just expect -- like expect less. Like if you hit a bad shot, she said to me, "Of course you're going to hit a bad shot because you haven't been around for like a year. So you kind of play more relaxed, which hopefully you play better." That was the biggest amount of advice that I took from her, yeah.

Q. And have you been finding that easy to implement?

GEORGIA HALL: No. Harder. Still expect the same. I still expect the same as, like, the weeks go on now for sure, so yeah.

Q. And this week is obviously a great test of golf. It's hard out there because of the weather. What are you looking for this week?

GEORGIA HALL: It's really firm. It's probably going to play the toughest it's ever played when I've played here. So really excited to see what the scores are. And I think the weather is supposed to come in as well a little bit throughout the week. We'll see. Hopefully I get a good side of the draw.

Q. I'm really impressed, what is all the fitness stuff you're doing now?

GEORGIA HALL: It's more just trying to like incorporate movement when I can. I can't run or anything yet. So my body is not like a hundred percent. But I'm just trying to eat well and then make sure I get enough rest, which is probably the hardest bit with a five-month-old.

Then yeah, try and go to the gym three or four times a week and try and get back to kind of the weight I was, and get the muscle back, which I lost quite a bit through pregnancy.

Q. When did you stop practising?

GEORGIA HALL: So when I played in the AIG Women's Open last year, I was three months' pregnant and played in the Aramco the week after and stopped playing professionally, and then I played a little bit the last couple months and then stopped with about four months to go, I



would say. So it was a nice break.

Q. The longest break?

GEORGIA HALL: Definitely. I haven't had a break before I was a bit worried. I think people got fed up with me. I was like, I'm so bored. That's why I come back so quick, as well, because I wanted to get back to it.

Q. You missed it?

GEORGIA HALL: Yeah, and I missed having something to do and trying to achieve things.

Q. But the break you think did you good mentally?

GEORGIA HALL: Definitely mentally. I would highly recommend it for sure, and it kind of slowed everything down for me and slowed my life down, which I think is very, very good for, like, the mental side of things, yeah.

Q. And just to confirm, the name of your son is?

GEORGIA HALL: Conor. Conor Charlie.

Q. Is it after Charley Hull?

GEORGIA HALL: My sister is Charlie and my really good friend is Charlie, and I really like the name. We weren't sure, and I thought, I really like the name and it sounds nice.

Q. I bet Charley thinks it's Charley.

GEORGIA HALL: Yeah, she does.

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