

The Amundi Evian Championship

Saturday, 12 July 2025

Evian-les-Bains, France

Evian Resort Golf Club

Cara Gainer

Quick Quotes

Q. I am pleased to be joined by Cara Gainer in her tournament debut here at the Amundi Evian Championship. What a way to start; 7-under today. What was working so well for you out there?

CARA GAINER: To be honest I've just been playing my way around the golf course. Obviously we had an LET event here about a month ago; I finished third there, so I've got confidence coming from that tournament. I know it's set up slightly different, but I have good feelings and good vibes in this amazing beautiful place.

Q. That actually is something I talked a lot about with players this week, how amazing is it to be able to look over after a bad shot and see these views. Can't get much worse than that, right?

CARA GAINER: No, it's the most beautiful place I've ever been. I've been running down on the front, on the water, and it's just so peaceful. Such a beautiful place. And the weather has been amazing.

Q. You got a win earlier this year on the LET. How has that freed you up, especially to play so well here at a major championship?

CARA GAINER: Yeah, I think that win massively sort of propelled me I guess at the beginning of the year. I took a lot of confidence from that, having had quite a few close calls in the past.

I think I just sort of, yeah, took loads of confidence and rolled with it the rest of the season.

Q. And I want to learn a little bit more about you. I know you were a tennis player growing up and you switched or I guess chose golf at like 14. What was that decision like? It's going well for you obviously. Doing so well here at the Amundi Evian Championship.

CARA GAINER: Yeah, I mean, tennis was I guess my first love. I do still really enjoy it. I don't really play anymore but I love to watch it. Obviously Wimbledon is on this week so that's my evening.



Yeah, I guess it wasn't working out with the tennis. Wasn't going to quite make it as a professional, and I sort of got to a point where I was kind of burning out. Luckily I had golf as a second option. I guess going all right so far.

Q. Yeah, that's not something most people can say, that they had two options there. Last question from me: Going into the final round tomorrow what's the mindset?

CARA GAINER: To be honest I don't want to think about it too much. Just want to play similar to today. I was pretty nervous just today playing with Celine, obviously a home favorite.

But I just, yeah, just want to take it one shot at a time like I've been doing the whole week and add it up at the end.

Q. Okay, here with Cara Gainer after her third round at the Amundi Evian Championship. Can you just talk through the round today and kind of the highs that you had out there.

CARA GAINER: Yeah, obviously I made a great par save on the first which really settled my nerves.

Then made a great putt on the second hole for birdie.

I think 1-under through 2, kind of settled down and rolled a nice putt in again on 4.

Obviously had a great eagle on 7. Probably my best hole of the day I guess. Hit a great drive, hit a great hybrid into the green about ten feet and holed the putt.

Yeah, a lot of momentum from that hole. There are a few holes that are a bit tricky on the back nine. Just want to stay patient and make a few pars, and then you never know what might happen, 18, 15. You've still got some chances left.

Q. How would you compare the course the past couple days? Looking at the weather report seemed a lot less windy today, perfect conditions. What's your take on it as a player?

CARA GAINER: I think it's player actually very different



to the first round. I tee'd off first Thursday at 7:00 a.m. and it played very different to now, a lot softer. It's firmer now, so you have to be a little bit more cautious with shot selection and where you want to land the ball into the greens.

That's the only kind of difference I would say the last few days. The weather is obviously amazing, so can't really ask for any better.

Q. You talked a little bit about tennis. You still play at all?

CARA GAINER: No, I don't play unfortunately anymore because I've got a bad wrist. Only so much I can do. I love watching it, and maybe if my wrist improves I'll be able to play a few shots. Yeah, still love tennis.

Q. Have you been able to go to any events like Wimbledon?

CARA GAINER: I used to go to Wimbledon a lot when I was younger, but it seems to always coincide with some kind of event that I'm at in the summer unfortunately. Maybe next year this will be at a different time. I don't know. We'll see.

Q. And then last question: For folks watching that don't know much about you, is there anything you would want them to know about you?

CARA GAINER: Great question.

Q. The tennis is a very good --

CARA GAINER: Yeah, I went to Cardiff Uni. I never actually wanted to be a professional golfer when I was at Cardiff Uni, so I went and had an interview with IMG to go into that kind of golf industry but not as a player.

So, yeah, it kind of took a turn and I actually never got that job which I laugh about now because things could have really taken a bit of a different role.

But, yeah, then I went on to win the English Match Play as an amateur and played in England for a couple years.

Q. How did you manage all that as you were working through it? You were not totally expecting that path whatsoever and things kind of switched.

CARA GAINER: Yeah, I don't know. I guess I just kind of knew in the back of my mind I had the ability. It's just I was very far behind in experience compared to a lot of the players that had been through college and all that. I felt when I came on Tour to begin with I was really behind in terms of tournament experience.

So, yeah, I was trying to play catchup as quickly as I can

I guess. I'm a little bit older than maybe most people -- not the whole Tour, but when I turned pro.

Yeah, a little different route I guess than most people into professional golf.

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