

COLIN MONTGOMERIE (+1)

Q. So first thing we have just been asking today is about the golf course setup. Everybody is a little bit challenged out there, but you held a great round together and put yourself at the top of the leader board.

COLIN MONTGOMERIE: Well, I don't so much see it as a challenge, to be honest, I see it as the way it should be. It's a major championship, and it should be more than a challenge. You know what I mean? It's one of these courses you get rewarded for good play. On these courses you get heavily penalized for not. There is no way out. Although, the defending champion, Retief, and although he's very long, just slightly off line, and of course you get penalized.

So we need to play more courses like this on the Champions Tour, more courses where good rewards, good driving, good iron, good chipping, and good putting, and not just sometimes good putting. So we need to get more of this.

But I'm enjoying it. I have been here many, many times, obviously, in the World Series events and all this stuff here. And I have always enjoyed it. I have always seen it as a very strict par 70, very strict 70 indeed. And if you get anywhere near 70 or 69, as it was today, you walk off thinking, well, you played good golf. And that's what happened today with me, so it's okay.

Q. Were you glad you lost weight when you -- considering the --

COLIN MONTGOMERIE: Well, a lot of it is to do with it, yeah. I was in Naples at the start of the year. It was very warm, sort of unlike really at that time of the year. It was in the 90s, and I was struck a wee bit. And I thought, hang on, I got to do something about it. So I took ill at the start of this pandemic, and it wasn't because of that, it was something else, and I lost half a stone, which was -- sorry, that's 7 pounds to you. A stone is 14 pounds. So I lost half a stone. So I thought, well, I'll just continue. And I lost 3 stone in the end, which is 42 pounds, so it was okay.

So, yeah, I feel obviously better finishing. And you finish tournaments making a few bogeys coming in at the end, and is it to do with fitness? Well, it might be. So at least that's gone.

Q. What drew you to Pilates? What do you like about it?

COLIN MONTGOMERIE: Well, flexibility is going to stop us. That is the one thing that will stop anybody here. If they are flexible, they can continue playing golf. And it's what

stopped Nick Faldo, it's what stopped Seve in his later years. It stopped Ian Woosnam really. It stopped Sandy many times. There's only one of that top 5 that's kept going, and it's Bernhard. And I don't know what all he does. But flexibility will stop us playing the game. And so I have got to stay -- I'm very lucky, I'm very flexible, very flexible, but I've got to keep it.

Q. Was it weird, though, at the beginning being out in your backyard just with the videos or whatever --

COLIN MONTGOMERIE: Yeah. Well, at the start of the pandemic, obviously, you couldn't -- everything was shut down, so I was doing it on a Zoom call with my Pilates girl, Hogan, in England. And it was a bit weird. But then I knew what to do and did it every day. And it's -- and it does help. There is no question it helps. Yeah, yeah, I would recommend it for anybody, whatever business they are in.

Q. Did you have one of those machines that --

COLIN MONTGOMERIE: Yes, yes. I've got one at home. Yeah, yeah, stretches out a killer. But it works. It does work. And it's -- I recommend it for everybody, strength and flexibility. You can't beat that.

Q. Were you a little worried about how it would affect your strength, you know, like when you went to Michigan and --

COLIN MONTGOMERIE: Yeah, yeah. I was a bit worried when I came out. I wasn't timing the ball well at all. I was -- my body was moving too quickly for my arms, and because it was lighter. So it's just a matter of -- I don't know what you call it -- a lot of reps. Do you call it that?

Q. Uh-huh.

COLIN MONTGOMERIE: More and more hitting balls and more and more timing, and I'm getting it right now. It's not easy, but it's -- yeah, I feel better, so it's good. And I'm in good position here, too, to do quite well, who knows.

It's nice to play with Steve. Lovely guy. Lovely guy. And I said to myself when the draw came out, Retief, defending champion, and Steve Stricker, two guys that hold their own on the PGA Tour. If I can -- if I can beat them, I'm doing well. And I equaled one of them, so I'm doing all right.

Q. Did you give up any of your favorite foods?

COLIN MONTGOMERIE: Yes, all of them.

Q. What did you miss the most?

COLIN MONTGOMERIE: I started counting calories and I saw -- it was pizza that got me. I really love some pizza. And it said calorie, it said 330 calories. I said, well, that's not bad. I said, that's okay. I can -- I didn't realize -- then I read further on, it said per slice. Times eight. That's a day, that's a day and a half.

Q. Right.

COLIN MONTGOMERIE: More than plenty. It's a killer, isn't it? I hate these things where you get these menus now and they put calories on. You go into Cheesecake Factory and it goes, recommended, two and a half thousand calories for a man and 2,000 for a woman. Well, you can't have -- you can't eat. No chance. So I'm back on the bloody, whatever, I'm going to have a salad. I'm looking forward to the weekend.