

STEPHEN AMES ( -14)

---

**Q. All right, congratulations, Stephen. Is that your best birthday present ever, a victory right there?**

**STEPHEN AMES:** Well, the whole week was actually, to be honest. Everything that was set up for the whole week. Yeah, this just is kind of adding icing to the cake should I say, yeah.

**Q. Speaking of cake --**

**STEPHEN AMES:** I know, I have that one to actually devour a little bit of it along with a cold drink.

**Q. Getting to today's round, you had those two big eagles.**

**STEPHEN AMES:** Yeah.

**Q. Can you talk us through the eagle at 6 and what role that had in getting you going?**

**STEPHEN AMES:** Well, 6 was just perfectly up for a number and I hit the shot that I needed to hit. I mean, going in the hole was obviously a bit of luck, which eventually was a lot of luck that got involved there.

The one on 13 was a good drive, I got it all the way to the back end there and then I had a straight uphill putt. That made the putt a little easier because both Paul and Steven had three-putts from the top end. In that respect, that was easy. I mean, I kind of snowballed everything and obviously made the gap a little bit bigger for me to come home, just kind of cruise away at the end.

**Q. In your first 175 starts out here you have two wins; in your last 29 starts you have six wins.**

**STEPHEN AMES:** Oh, you know this number. Wow, OK.

**Q. Six of your last 29 you've won.**

**STEPHEN AMES:** Wow, I didn't know that.

I guess I get a lot of accumulation of things that have changed over the last two and a half years. One was the health part. I'm in the gym more often because I hurt my shoulder during



COVID years and decided that was enough of that. I didn't like the feeling of being injured, weak and stuff like that, so I rededicated myself back into the gym. I've done that.

And then I also hooked back up with my old psychologist, Alan Fine, and then being a shaheen (ph) for the last six years now. We've worked on the same thing, somewhat the same things and we keep refining it and getting it better where I feel a lot more comfortable when I'm playing golf, which I do right now. I feel a lot more comfortable, pick my shot, pick my aim and just hit it. It's nice. It's just letting go a lot easier to let go right now for me.

**Q. You've always been a great ball-striker. What's been the biggest improvement with your putter the last few years?**

**STEPHEN AMES:** Nothing really, to be honest. You know, we've tried to be consistent in how we walk into the ball, so I'm always nice and square to the line that I want to hit the putt on, so we work a lot with a string just to get my eyes and my set up properly. That's a constant. You know like when you're practicing chipping and stuff there's certain things you -- basics that you want to stick with and that's what I'm doing with the putter, just being -- keeping the basics simple and just letting the feel come out. I mean, like I said, when things kind of let go, I make long putts. I don't know what happens, but twice I've done that now on this hole. Yeah, all good.

**Q. Do you like playing head to head more or less with the guys you're competing with?**

**STEPHEN AMES:** Well, it's because you know what's -- what you have to do kind of thing, you know? When you watch the way Paul and Steven kind of faltered coming down the end there, it was a shame. Paul played well this week, he finished second again and he won last week. I mean, probably a little weariness came into it, he got tired. But I think overall right now he's on a good year, so kudos to him. Mr. Alker has been renowned for playing well for the last three years.

No, not really, I'm just trying to keep up with them, should I say.

**Q. What is your comfort level out here, because I mean --**

**STEPHEN AMES:** I think you saw it. This is my comfort level, I'm very happy being out here. The Champions Tour has a lot -- I think we have a wonderful, what's the word I'm looking for, package.

**Q. Camaraderie?**

**STEPHEN AMES:** No, package to offer to everybody being entertaining. The guys are out here, they're very jovial, they're very one on one with the crowd more. I think even down to the fact of seeing certain players over the years who have always been a bit anxious or maybe a little bit head butting with other players and also volunteers, they are a little bit



more jovial and they're more approachable out here. I'm not naming any names, but I think we know who we can talk about. I think that's the beauty of the tour itself and the whole package that we have to offer.

**Q. What was walking down 18 like with a big lead?**

**STEPHEN AMES:** It's always nice, there's no doubt about that one, OK? The funny thing, I was remembering when I was walking down with my son on the bag last year, so that was special. And then of course the way we finished off is exactly how it was with my son. It's special, it's always special, there's no doubt about that.

