

MANITOBA OPEN

ROUND 4 QUOTES

August 24, 2025

THEO HUMPHREY (-11)



Q. Theo, finished atop the leaderboard here in Manitoba. Just how are you feeling after kind of a hectic week knowing that you came out on top?

THEO HUMPHREY: Yeah, obviously super excited. Yeah, it was definitely a strange week, you know, getting up Thursday morning and seeing a text that we weren't playing and then that day was canceled and then Friday was canceled. Definitely was getting restless, a little impatient. I was ready to go when Saturday rolled around.

We had a similar situation, Ecuador ended in Colombia this year and I felt like I wasn't really -- I wasn't really ready to go with the long delays. I think this week it was just different, I felt like I had done it before, I knew I was going to be ready when my name was called.

Q. A lot of guys when they turn pro, their journeys are far from linear. Just what is -- to be able to come out here and do this in a tough week, what does that say about your hard work and your dedication since you turned pro in 2018?

THEO HUMPHREY: Yeah, I certainly didn't think it would take this long to win a PGA TOUR-sanctioned event. I didn't think it was going to be this hard, but I also didn't really think I would be back here at this point a couple years ago.

So definitely exciting, rewarding to know that I'm doing the right things, I'm on the right path. Yeah, just golf's really hard and it's been really hard for me for a lot of years. To have some successes here this week, it makes a lot of the struggle worth it.

Q. Right now if the projections stand, you'll move up to sixth in the points list, which puts you in a good position to earn your Korn Ferry Tour card at the end of the year. Just what does that mean to you to have a really good shot to get to the next level and kind of secure your playing status up at the Korn Ferry Tour?

THEO HUMPHREY: Yeah, absolutely, I'd love to get back out there. I played some good golf out on that tour in 2020 and 2021, I'd love another crack at it. I feel like I'm a better player, I'm more experienced and I'll be more prepared.

Q. Do you have any celebratory plans celebrating this?

THEO HUMPHREY: I don't know just yet. Definitely after next week when I get back home.



Q. And you had your dad on the bag with you this week. Just how special is it to share this with him and be able to experience this with him looping for you?

THEO HUMPHREY: Oh, it's really special. Yeah, my dad hasn't caddied for me too much recently, but we've had some good successes in the past and it was definitely fun to have him come out this week, and really just spend the time together off the golf course has really been the best.

Having him out there, getting to walk up the last hole with him knowing there was a good chance I was going to win was a really cool, really good moment.

Q. What were the challenges like out there over the last couple of days? Obviously it took some time to get the event going, but when you finally started rolling on 36 holes of play, how did you manage the course?

THEO HUMPHREY: Yeah, I mean, the conditions were just really hard. It was a lot of wind this week. When I first got here I thought the course was very gettable, very scorable, but that was kind of perfect weather during my pro-am round. Yeah, it was really just about staying patient because you're going to hit some good shots that didn't end up great just because of how much wind was blowing. Really, just trusting my game, having control of my golf ball and I was able to shoot a good enough score here.

Q. Any part of your game really stand out for you?

THEO HUMPHREY: You know, not necessarily in particular, but I've been saying to my dad, before this week I've had a lot of weeks where I've hit a lot of good iron shots and I've also had a lot of good weeks where I've made a bunch of putts from 10 to 20 feet, I just haven't done it in the same week, and I did this week so that was just kind of putting the two pieces together at the same time.

Q. That par save on 17 ended up being a big one, right, because one less stroke and you would have found yourself in a playoff.

THEO HUMPHREY: Yeah, for sure. I ended up in the first cut off the tee and was really unsure about if it was going to come out fast or come out slow. Obviously I didn't want to go over and ended up way short of the green. Yeah, I knew I needed to get that ball up and down. It was a hard shot. I hit a pretty good bunker shot, and then to make the putt was really, it was big.

Q. I was going to ask, with such a unique format, normally in the final round of play all the leaders are playing together, last groups, but this is completely different, so did you have a score in mind when you kind of woke up this morning that you thought you might have to get to?

THEO HUMPHREY: Yeah, maybe not when I woke up but when I looked at the scores kind



of from the morning wave like right before I teed off, I think 9 under par was the best score, but there were a few guys in good shape that hadn't teed off yet. You just don't know because somebody can just have an unbelievable day and there's nothing you can do about it.

But I figured double digits under par was going to have call it a 75 percent chance of winning, and I figured if I can get to 11, 12 under it would be a great chance, but obviously somebody else could have just had an even better day and there's not much I could have done about that.

Q. Got to ask you about the penalty stroke because it's pretty remarkable, you win a tournament that's as closely clustered as this --

THEO HUMPHREY: Yeah.

Q. -- and you had one stroke taken away, so can you just maybe take us through what that was?

THEO HUMPHREY: Yeah.

Q. Had they warned you about slow play?

THEO HUMPHREY: So on the second -- our 11th hole, the second hole on the golf course, we had been put on the clock a few minutes earlier and I took 53 seconds on my second shot. I actually had my 9-iron in my hand when I thought it was my 8-iron and I had to actually go back and switch clubs.

Yeah, so I took too long, I got a penalty, which for some reason was kind of felt like a good thing in the moment. I've struggled a lot through the years with taking too long to hit full shots, long shots. Just not feeling comfortable, having some nerves and anxiety and just really struggling to get the club back.

So, I mean, it's kind of something I've dealt with for a long time. This instance wasn't necessarily really that bad, it was just a weird thing with the two clubs, but it was kind of a wake-up call, like OK, let's get our routine under control, let's control what we can control going forward. I mean, obviously I was like a little bit upset by it, but I felt like it kind of almost calmed me down to like focus on what I need to focus on from there on in.

Q. And that's my last question for you, I'm glad you brought that up. I read some things about you've spoken openly about some of those mental hurdles, I guess some might call them the yips or whatever.

THEO HUMPHREY: Yeah.

Q. I guess how satisfying is it to win an event to maybe overcome that, and why have



you been so candid with that journey? I'm sure others can relate to it.

THEO HUMPHREY: Yeah, I mean, I think we all know golf mentally is really hard. Obviously it's hard physically, but I think the mental part is tough.

For me, I just kind of got in a bad way for a bunch of years where I would just back off the ball over and over again and didn't really know why.

Have kind of done some deep diving on how to get past that, how to get over it really to make golf more fun and obviously to help my talent shine through.

I've had weeks this year where it's been great and I've had weeks this year where it's been really hard. This week was really hard, which is actually kind of interesting based on the result. It was a really tough week for me with my mindset, my routine. I just didn't feel good out there at all. Somehow I was kind of able to get past it. I think to have an off week mentally and be able to still perform, I mean it's not what I wanted, but it's exciting because I know how good it can be when I'm really thinking clearly and doing the things I want to do out here.

Q. And you hear athletes in all different sports talk about obstacles that they maybe have to overcome, monkeys off the proverbial back. In a sense, could this be a real breakthrough then for you kind of as you go forward in your career?

THEO HUMPHREY: I mean, I think in terms of winning a tournament, definitely.

But I think we all know no matter how much success you have, you still kind of always battle the same things. I think, yeah, it's a huge step in the right direction. I think I learned a lot about myself kind of struggling with my routine, getting a bad time, and then after that really improving upon it and thinking quite clearly and quite well after that.

So that's great, but I think there's going to be -- there's going to be a million more things I'm going to have to deal with moving forward, it's just how well you deal with them.

