

**ROUND 3 QUICK QUOTES**  
**January 31, 2026**



**JUSTIN ROSE**    **(-21)**

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**Q. So is the secret to putting these greens just make sure you never have to putt outside 10 feet?**

**JUSTIN ROSE:** Yeah, today I played well, gave myself a lot of chances. In some ways, yeah, you walk off like thinking maybe it could have been lower, you know. You never want to say that after a 68 at Torrey or, you know, obviously being in the position that I'm in, but yeah I played really, really well today. Like I thought that was the round of the week from tee to green anyway.

**Q. When you're sitting on a six-shot lead like this, how do you make sure that you don't get, I guess, complacent going into your final round, make sure you're still continuing your routine, what you've been doing the previous three days?**

**JUSTIN ROSE:** Yeah, there's never going to be any complacency. You know, I think there's always enough respect for the game of golf in the back of your mind that you've got to do everything right tomorrow. You're going to come out, have to be focused, have to play well.

Obviously somebody can always really shoot a great round and therefore you've got to get around this golf course in a pretty decent score.

Yeah, that's the mentality. I kind of have to just control what I can control from the first hole tomorrow. But I've enjoyed playing the golf course this week. I want to continue to enjoy the week as a whole, and yeah, it's another great round in good weather on an awesome golf course.

**Q. That pitching wedge you hit on 5 kind of kicked off a really nice stretch. I wonder if you could just talk about the shots you hit, the 5-wood I think and then I don't know what you hit on 7.**

**JUSTIN ROSE:** Yeah, the wedge into sort of No. 5 was a middle left shelf pin. It's a pin that you know with a wedge you kind of want to be aggressive, but you know you can't be too aggressive. But it was kind of the number where I could hit a little trap draw in there. I felt like if I didn't quite execute, it was going to fall into the middle of the green. But yeah, it came out perfectly, little draw, you know, nice five-, six-footer, which actually had a bit of snap on it. It was a good putt to make.

And yeah, Fooch did a great job on No. 6. I was going to hit a 4-iron, he talked me into the 7-wood because if I missed the green either side, being further up the green was going to make the up-and-down much easier. So carrying it, we try to use the middle of the green as



the front edge, you know, so change the mentality there. So that was a just a simple two-putt in the end.

And then, yeah, No. 7 I probably wasn't trying to be that aggressive. I was in the first cut, trying to hit like a little hold-off 9-iron in there and obviously it came out well out of the rough and just kept fading in towards the pin. Yeah, I was probably playing 15 feet short left there and that was one that kind of snuck in there close.

**Q. Do you have a strategy for a lead like this? I mean, you won a tournament when a guy lost a six-shot lead in Shanghai with D.J.**

**JUSTIN ROSE:** Yeah, for sure. I mean, obviously sometimes -- you know, that particular day was really dreadful conditions and made it very volatile. This golf course is volatile for sure.

No strategy other than control what I can control. Obviously I want to play as well as I can tomorrow, whether it be winning by one, two, three, four, five, six, seven, eight, whatever it might be, obviously I want to do the job and hopefully do whatever it takes to do that. But I want to come out and kind of control myself as best I can and guess that's all you can do, yeah.

**Q. Justin, do you have any kind of mental approach after rounds in terms of going back to the room, the house or whatever and getting away from the round or embracing the round? Do you do anything like that that you think helps you?**

**JUSTIN ROSE:** Yeah, I always focus on my recovery, you know, hydration, stretching, obviously hot and cold plunge, stuff like that. Try to get my recovery done, that's first and foremost.

So you can kind of -- that's a nice -- for me that's a nice reset into the next day. Once you've done that, sort of like your day's done and you can sort of start to try to unwind and obviously start to think about the next day rather than the day you just had, yeah.

