

ROUND 1 QUICK QUOTES
March 26, 2026



PAUL WARING (-7)

Q. Great round today, first time breaking 70 this season on Tour. What was the biggest difference for you out there?

PAUL WARING: To be fair, I found a little bit of momentum coming forward in the last few weeks. I know missed cuts at Valspar and Cognizant, but felt like my golf game was in a good spot, I just didn't really -- I gave too many shots away in the first few weeks, where this week, a lot tidier, no bogeys and holed a good amount of footage today. I think I've just been told I holed over 160 foot of putts today, which is massive and gives you a massive advantage.

Q. You had that shoulder injury last year. How are you feeling now health-wise?

PAUL WARING: Yeah, back to full fitness now, able to go at it a little bit more with a driver, which is good. It was a battle last year. I had a cortisone injection in my shoulder. I was playing with it taped up most weeks. I was on painkillers just trying to get through it.

And I said previously as well, I'm playing against the best players in the world with literally one arm tied behind my back, so it was never going to be easy.

Yeah, I rehabbed it well over the winter. Come back out this year, as I say, found a bit more ball speed again and I can attack a golf course as long as this one.

Q. You mentioned ball speed. This is a course that favors drivers. Is this a course you thought that maybe marked on the schedule that you might be able to compete at or just kind of found something?

PAUL WARING: No, playing practice round sort of pro-ams Monday through Wednesday it was -- it's a long golf course and it was soft when we first arrived, there was no run in the fairways, and I was thinking this is going to be a bit of a battle especially going up against players like Marco Penge, and obviously Jesper Svensson, who I played with today, who are giving me 20, 30 yards. I lent on my iron play and, as I say, the putter really behaved itself today, so it gave me a real good opportunity.

Q. You talked a lot about the mental side of the game. Kind of during COVID you mentioned some of your struggles. What was it like last year kind of struggling, and to begin this year, especially with the injury?

PAUL WARING: Yeah, it's difficult, it's hard. You know, I moved to Dubai so I live a long way away from America. It takes me a long time to get over here. It's something I maybe



should have addressed when I first came over, looked to maybe rent somewhere in the States, base myself here.

Again, it was kind of a bit -- I just didn't, I don't know, I struggled a little bit mentally in that regard. But again this year, because I'm fit, I feel like my old self again. I feel like I can go play a little bit. And also I've got more and more of the DP World lads coming out, a lot of caddies and there's some great, great lads on the PGA TOUR as well, made some good friends over here, so feel really quite happy really.

Q. You mentioned having a lot of the DP guys over here. Kind of what is that like having some more of the familiar faces and just the camaraderie with those guys?

PAUL WARING: It's just that normalcy really. We have a good camaraderie and I would say a good laugh on DP World Tour. I found the PGA TOUR, it's a little bit more intense, and rightfully so. The standard, in all honesty, I think is better. The courses are more difficult. So you have to sort of eke every last percentage out of your golf game, and it's just something I didn't expect honestly.

Now, as I say, I turned a corner, I feel much better about my own golf game, and I can have a bit of fun and a bit of a laugh and enjoy myself on top of that. It's a great mix for me.

Q. You're playing on some medical starts this year aren't you?

PAUL WARING: Yeah.

Q. How do you balance the patience of trying to play good golf, and trust, like you say, your swing has come around, your game is coming around, and also realizing that you do only have so many starts and that sense of urgency of having to try to do something to maintain your card?

PAUL WARING: Yeah. The way that the points work for FedEx I found are sort of top heavy, so it only takes one or two really good weeks to regain a Tour card, or even give yourself a chance at winning. So I kind of know if I just stick in and just give myself an opportunity and maybe take that opportunity, I'll give myself a chance. You can start getting a little bit stressed trying to chase starts and that sort of thing along the way. But I've been doing this a long time now and I know that patience is everything in this sport. As long as I can take one day at a time, stay in the present and kind of think about those one golf shots along the way, I think that kind of puts me in good stead.

Q. Obviously a 7-under bogey-free round today. When did you feel like today was the day that you could post a score because you seemed to just come out of the gates firing?

PAUL WARING: Yeah, wedge shot straight at the 10, hit a real solid tee shot. To go into the 10th hole with a wedge, that's kind of like where I think I shine statistically, like within sort



of 150 yards. And again, it's one thing that I struggled with on the PGA TOUR, you're not really inside that yardage a lot where you are a lot on the DP World Tour. So as soon as I kind of knew I was kind of I could get within a 9-iron, I felt like I could start getting at the golf course a little bit, especially on sort of downwind holes. As I say, I putted lovely, so converted a few chances along the way.

Q. So you're not really surprised you put a round like this together? When you're healthy, you can shoot some pretty good numbers?

PAUL WARING: Yeah, I can go low. When I won back in '24 back in Abu Dhabi I think I was 19 under through two rounds of golf. I'm not scared of going low, it's just giving myself the opportunity of it. As I say, this is a proper long golf course, it's a lot more mid irons and short irons, and as I say, you've got to putt well if you're going to put a round like that together.

Q. I know there's a lot of people out here today that aren't that familiar with you. You didn't have a big large gallery from what I could gather. Do you think after maybe tomorrow's round a few more people might go, hey, let's follow this guy?

PAUL WARING: Maybe. Because there's not a lot of people around you can kind of stay in your old little world, get in your own little flow. Again, Jesper Svensson with me today and his caddie, Tom Ridley's a good friend of mine as well. Good bit of camaraderie in the group and a bit of wanting each other to play well and kind of egging each other on, which was great. It was a good atmosphere and a good mentality in the group. Like you say, if I get a bit of a following tomorrow, fantastic. Hopefully I can get the crowd on my side.

Q. How far are you -- you mentioned that win in Abu Dhabi in '24. How far would you say your game is after the time off and the injury from what you were feeling that week?

PAUL WARING: It's not a million miles away. That week I felt like I was exceptional with the wedges, which was the reason I managed to score so low. I was aggressive off the tee that week, gave myself all the chances.

This golf course is quite nice for me it can -- it's not -- I would say it's wide off the tee, it's quite forgiving off the tee so it gives me a chance to move the body at speed and without any fear. So I could swing freely, I could and get myself into those wedges positions especially on the par 5s.

Again, all the work has been around what I did that sort of couple years ago to get myself sort of back in this place that I am now. So hopefully I can build on this today. See how the week goes.

