ROUND 3 QUICK QUOTE
November 7, 2026

BEN JAMES (-21)

World Wide Technology CHAMPIONSHIP

Q. Ben, another good round, 66 today. How did the play today stack up against the first two rounds?

BEN JAMES: Yeah, it was a really different day. The wind was really whipping out there. I almost feel like I played better today than the first two rounds even though my score didn't show it. A lot of where to leave the ball -- where to leave the ball was super important today.

I left myself a lot of pitch shots into the wind, which is always important playing in the wind. Definitely had my fair share of difficulty out there controlling my spin with some wedges with some of those crosswinds.

But again, left the ball into the wind and made some nice up-and-downs. Really managed myself well and had a nice start.

Q. First bogey of the week on the 8th, but seven birdies today. Any of those birdies stand out in particular today?

BEN JAMES: Yeah, obviously the one on 15, what a hole that is but played it good. I've explained it already a couple times, I hit a little cut 5 in there, which was a little risky but we knew with wind off the right and a draw it had a better chance of rolling left, and it's not so good over there, so just hit a really well-executed shot that just got maybe a good break but I thought it was just a great shot.

Q. Four-shot lead entering tomorrow, when is the last time you had that big of a lead? I guess it's probably going back to college?

BEN JAMES: Probably going back to college golf, yeah.

Q. Was there anything in particular, I guess back in Canada, a good spot and then a few weeks ago as well in a good spot. When you're in contention, is there anything in season that you've learned that you maybe weren't kind of in tune with prior to turning pro?

BEN JAMES: Yeah, I mean, like it's just golf at the end of the day. Like par's still a good score. Like we're trying to hit the fairway, like nothing changes. Like the game plan doesn't change, like try and hit the fairway, leave the ball below the hole 15 feet and try to have our day putting. But nothing changes with that, just try to keep it really as simple as possible and just enjoy the moment.

Q. The birdie that you had on 6, just take me through that approach. Had a pretty just kick-in birdie.

BEN JAMES: That was nice. Well, I don't know if you all know, I was in a little divot there, a little sand-filled divot and I was like 74 yards and had a nice little backstop. I couldn't tell where it landed but just tried to chop down on a full 60 knowing it wouldn't go long and knowing it was going to spin being into the wind, just to make sure I got clean contact with that divot. Again, it worked out, but it was a proper shot for that scenario.

Q. When that was in the air, when did you know it was good and it was the right shot?

BEN JAMES: I didn't see it, but I was just happy I didn't dump it in the bunker that was in front of me. So once it landed on the green long of the pin, I was content with the shot.

Q. Last one from me. Obviously very well accomplished golfer in your own right. When you're off the course back home, whether it's at the hotel or at home, what do you kind of do to unwind, get your mind off of golf and kind of relax?

BEN JAMES: Yeah, I get asked this a lot. I don't do a whole lot. I'm not too like -- I don't know, I would love to go out to eat, love food. Jacks and I go to Longhorn a lot in the Alton shopping center, get a little steak, have a good time.

Or I'll sit and watch a lot of YouTube, watch movies on HBO, just chill. Nothing too crazy.

Love working out, so been just working on my body and trying to be health conscious recently. That's kind of, that and practice have been taking up a lot of my time and being out here playing.