

02 JUN 2013 [VERONICA CAMPBELL-BROWN \(/ATHLETES/DIARIES/VERONICA-CAMPBELL-BROWN-134999\)](#)

VCB TALKS ABOUT HER BIRTHDAY AND BYDGO SZCZ - IAAF ONLINE DIARIES

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Veronica Campbell-Brown

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"May is a special month for me. It represents the start of the IAAF one day circuit so the races start to get serious, and it's also my birthday!

"I made my season debut in the 100m at the Jamaica Invitational, not since 2007 had I contested my season opening 100m in Kingston and I was pleased with the outcome though not necessarily with the execution of the race.

"While I was in Jamaica, I finally got a chance to spend some quality time with the scholarship recipients from my foundation. The executive board of my foundation brought them to Kingston as our special guests at the Jamaica Invitational. The next day, we had a brunch with them and also got a chance to talk with their guardians and get to know everyone better. It was certainly time well spent.

"From Jamaica it was on to that little event called my birthday. My husband, Omar made a big thing of it, which was very nice. I was treated to a day at the spa and I must say I was thoroughly pampered and left there a rejuvenated soul. My family, friends and fans also contributed in making my day quite memorable.

"New York was my next competitive stop, there I did the 200m. The weather conditions were not helpful, but the fans that braved the elements reminded me why New York is one of my favourite stops on the circuit.

"I must commend my fellow athletes for their efforts in trying conditions. After the meet, I remained in NY for an additional day to do promotional work for my main sponsor adidas.

"Away from the track, I basically I spent the month training and relaxing at home... and got to watch Iron Man 3, which was good fun.

"With this year's World Youth Championship on the horizon, when I saw the date in the calendar I also reflected that 14 years ago I competed at such an international event and won my first global gold medals. In addition to the 100m title, I was part of the winning Jamaican 4x100m team and incidentally, my husband Omar won the 100m bronze and a 4x100m medal at the same Championships.

"Bydgoszcz in Poland was the city where it all happened and the emotions I experienced ran from excitement to awe. Despite the years afterwards, I still remember the hospitality of the Poles. I found them warm and quite upbeat about the Championships.

"The entire Jamaican team had a wonderful time there and the fact that it was warm and the temperatures were similar to that experienced in Jamaica surely helped us teenagers from the Caribbean. The IAAF surely got it right asking Bydgoszcz to stage its inaugural World Youth Championship!

"Consequently, I close by wishing the participants in the Donetsk, Ukraine event this year the absolute best and encourage you all to enjoy the experience as it will last a lifetime!

"Thanks for reading, VCB."

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