

## VCB on track for World Champs double - IAAF Online Diaries



**Veronica Campbell-Brown takes the 200m at the 2009 Jamaican Champs** (Anthony Foster for the IAAF)

Defending 100m World champion Veronica Campbell Brown continued her build up for Berlin by retaining her 200m title at the Jamaican Trials on the weekend.

While In Jamaica, Campbell Brown who is double Olympic 200m champion also found time to catch up with family and some Jamaican cuisine.

“Hello again,

“Summer is upon us so for me it is time to head to the Europe circuit.

“The Jamaican Trials to select the team to Berlin's IAAF World Championships was this past weekend and it went quite well for me as well as other members of my OnTrack Management (OTM) group and my training group in Florida.

“As you know by now, I only participated in the 200m due to my being given a "wildcard" in the 100m after winning it two years ago in Osaka, Japan.

“I was happy to get on the track again to compete in what was only my second 200m of the season. I was quite pleased with the results.

(Campbell Brown easily won the 200m in 22.40 seconds to secure an automatic berth.)

“While in Jamaica, I got a chance to see my mother and other family members. It was good to visit with them, however brief.

“I was also able to get some business taken care of including concluding a deal with a major bookstore to carry my book, A Better You: Inspirations for Life's Journey.

“Of course, I also had to load up on jerk-chicken and other Jamaican culinary delicacies! I did not over eat, however...lol.

“It is now off to Europe (Greece) where my OTM group usually sets up summer camp.

“My next competition is on July 13th in Athens.

“I am looking forward to spending time in Greece as the climate reminds me of Jamaica and Florida where I am based. My physio there is exceptional and I have found the perfect spot for some shopping!

“Until next time,”

VCB

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