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SPORT

OMAR BROWN SAYS HE'S ON THE ROAD TO RECOVERY

Paul Reid
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Commonwealth Games 200m champion Omar Brown was quick to respond when asked if he had hung up his spikes for good.

"No no, no, not at all," he said, hurrying to explain that he had been sidelined since last season with an ankle injury, but was on the mend.

Brown, who was in the island last weekend with his wife, Veronica Campbell-Brown, at the JAAA/Supreme Ventures National Championships, told Sporting World he underwent an operation in September last year to clean out bone spurs from his ankle. "(I am) coming on well, slowly but surely, just trying to be cautious and not rush anything," he said.

The former Albert Town High sprinter who has a personal best time in the 200m of 20.33 seconds set in 2006, is eyeing a return to competition later this season. "So I will have some things to build on for next season," he noted.

He said it would be good if he was able to defend his title next year when the Commonwealth Games are held in India.

Brown, who won two individual medals at the first World Youth Championships in Bydgoszcz, Poland - a silver in the 200m in 21.09 seconds and bronze in the 100m (10.43 seconds) - says he is back in training. "I am running, but (I still can't) do a full work out every week and it gets sore so I have to take care," he said.

Brown, who attended Barton County Junior College and the University of Arkansas where he ran on relay teams with Tyson Gay and Wallace Spearmon, says so far he has not decided which meet he would make his seasonal debut, but it is expected it would be after the World Championships in August.