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Sport

Campbell-Brown has sights set on Beijing double

LeVaughn Flynn, Staff Reporter



Jamaican Olympian Veronica Campbell-Brown (right) with athletes' chaperone Toni Dilworth at the Norman Manley International Airport yesterday. Campbell-Brown is here to compete at tomorrow's Jamaica International Invitational track meet at the National Stadium. - levaughn flynn

Veronica Campbell-Brown's preparation to win the sprint double at the Olympic Games in Beijing moves up a notch tomorrow evening when she competes at the Jamaica International Invitational at the National Stadium.

Campbell-Brown opened her season with an easy 22.66 seconds win in the 200m at the Mount SAC Relays in Los Angeles two Sundays ago and should go faster tomorrow as she prepares to defend her 200m Olympic title.

"I've always looked forward to this meet. It's a home meet and it's perfect for what I want to do in preparation for <u>Beijing</u>," said Campbell-Brown shortly after arriving at the Norman Manley International Airport yesterday.

Better form

Campbell-Brown showed better form in the 100m last season and went on to win at the World Championships in Japan. She was relegated to second in the 200m as American Allyson Felix blew away the competition to win that race in 21.81. However, the Jamaican has no intention of relinquishing her Olympic title and seems fixed on becoming the first woman to win the Olympic sprint double since American Florence Griffiths-Joyner two decades ago.

"Preparations have been going fine. I'm just looking forward to defending my 200m title and win the 100m, so I'm trying to







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balance both and make sure I'm ready to run really fast," stated Campbell-Brown.

Marion Jones won the sprint double at the 2000 Olympics, but was stripped of her medals last year following an admission she used performance-enhancing drugs.

Reuniting with coach

Campbell-Brown's confidence has also been buoyed after reuniting with long-time coach Lance Brauman, who spent nine months in prison last year on embezzlement, theft and mail fraud charges.

"It's been great, I've known coach Brauman for many years and training has been going good and we're just looking forward to winning the double at the Olympics," she added.

Also using tomorrow's meet as a litmus test is 400m hurdler Isa Phillips, who attends <u>Louisiana State University</u> (LSU).

Phillips, who has a personal best of 48.51, says the focus this year will be consistency.

"I'm doing a lot of speed work. I was slow last year and inconsistent but this year the focus is consistency and running the races efficiently," said Phillips. "I'm looking to run 48s consistently."

Phillips also said he has been receiving guidance from various sources with an appearance at the Olympics as his objective.

"I'm just being a student of the sport. Danny McFarlane (2004 Olympic silver medallist) helped me out. Winthrop Graham has been helping me with my stride pattern. The staff at LSU has been helping me out, so I'm just working towards representing the country to the fullest," he said. Also here for tomorrow's meet are world sprint double champion Tyson Gay and Jamaican-born 400m runner Sanya Richards.



Isa Phillips - file

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