Campbell-Brown to focus on 100m this year

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BUOYED by her 60-metre world indoor title earlier this year, Jamaica's two-time Olympic 200m champion Veronica Campbell-Brown is aiming to improve her personal best of 10.85 seconds in the 100m this season.

"That is my priority this year and I'm looking forward to start running some 100 metres and just to stay healthy," Campbell-Brown told Sporting World.



Campbell-Brown won the women's 60-metre gold medal with a time of 7.00secs at the World Indoor Championships in Doha in March.

The former three-time national Sportswoman of the Year begins her quest today at the Osaka Grand Prix, where she will line-up against American Angela Williams and Japan's Chisato Fukushima, who has already set two national records this season.

"I just need to keep getting better, keep improving on my technique, keep improving on my start and keep executing my race better and the objective is to run a PB (personal best) especially in the 100 metres this year," she added.

Campbell-Brown, who is now coached by Anthony Carpenter, should have good memories about today's venue — the Nagai Stadium — where she took the world title in 2007 with a time of 11.01 seconds.

The Jamaican, who remains the only athlete to win 100m titles at the World Youth, Junior and Senior levels, says she has been working to improve the first half of her race.

"The number one priority is just to execute a really good race from the start to finish, and as long as I can do that, then I know that I will run a really good time... and by the end of the season, I'm sure I'll definitely get a PB," she said.

Campbell-Brown, who celebrates her 28th birthday next Saturday, says she is looking forward to competing with the other elite women in the 100m on the IAAF Diamond League later this season.

They include American Carmelita Jeter and Jamaica's Kerron Stewart, who opened their season with times of 10.94 and 10.96 seconds, respectively, last weekend at the Jamaica International Invitational in Kingston.

"Absolutely, it (the competition) does look good, and I like it because knowing that I have a lot of really good females to compete with will help me to come out there and run well. So the competition is great and I'm happy for those ladies, who started the season off well and I look forward to competition with them," Campbell-Brown said.

Reigning Olympic and World 100m Champion, Shelly-Ann Fraser, who established a new national record of 10.73 last season, should also be one of Campbell's Brown main opponents this season.