

Despite a few setbacks, Veronica Campbell Brown upbeat as Berlin approaches - IAAF Online Diaries



July was a busy month for Veronica Campbell Brown as she prepares for the upcoming World Championships in Berlin. From recovering from her second 'injury' of the season, to being a tourist to sporting a new 'do', done by a teammate.

"What a month July has been!

"I have experienced the highs and the lows of our sport and it took less than 11 seconds to take it all in.

"I traveled to my training base in Greece in early July and had my first competition on the continent on July 13th in Athens. It was in Athens of course that I had won my first Olympic gold medal. This time it was the 100m that I won in a season best (10.96), however, approximately five metres from the end, I experienced a severe muscle cramp.

"Unfortunately, this injury ruled me out of my next scheduled competition in Rethymno (100m & 200m). I must say, however, that I was also fortunate as my doctor was on location in both Athens and Rethymno and his excellent work got me back up and running by the time we got to Barcelona.

"I know my fans are worried about my pre-Berlin preparations as I have twice had injury setbacks, however, that is part and parcel of our wonderful sport so I have to press on!

"I have had great medical care and I remain in a positive mental frame.

"Speaking of my fans, some of you have commented positively on my hairstyle. This was a courtesy of my OTM teammate quarter-miler Shereefa Lloyd, perhaps she will venture into this as a post athletic calling as she really did me up and I must confess that I really like wearing the "do."

"I thoroughly enjoyed my time in Greece, Rethymno is especially beautiful with areas there reminding me of Jamaica's famous Negril strip.

"I intend to go back there with my husband Omar for a vacation when I "take the spikes off."

"Barcelona is fast becoming a must stop for me on the circuit.

"I had a rather interesting press conference whilst there. This was conducted on a double-decker bus while I toured the Catalan capital.

"I also stopped in Monaco a most scenic place. No I did not visit the casinos, however, I did indulge a small bit in some shopping!

"Now it is on to the German capital for my third consecutive World Championships. I will be back with you thereafter.

Until next time,
VCB