

Blake says Jamaican championships tougher than Olympics

World champion Yohan Blake believes making the Jamaican team will be more difficult than winning the gold medal at the Olympic Games this summer.

Blake is expected to take on the likes of his training partner Usain Bolt, the world record holder and Olympic champion both the 100m and 200m dashes, Asafa Powell, Nesta Carter, Michael Frater and Lerone Clarke at the Jamaica National Championships later on this summer.

All six men have gone under 10-seconds for the 100m and Blake expects a strong battle for the three places on the team to London.

"All the guys are running really fast and most could get in an 100-meter final at the Olympics," Blake said in The Sun.

"It's going to be a really difficult one because nobody's spot is guaranteed, and you have to be ready on the day. I think it's going to be tougher than the Olympics!

"Asafa is coming back into the picture, and I don't think Usain will false start again. So it's going to be interesting.

"Last year I was the one doing the chasing. You win and all these guys want a piece of you the next time. Basically it's everybody."

Blake won the 100m world title at the IAAF world champions in Daegu, South Korea last year – who becoming the youngest ever 100m world champion. Source: Sportingalert