



## Brittain takes a breather

Own correspondent

Though he has opted to give his battered body a break by taking himself off the racing circuit this season, Olympic rowing medallist Lawrence Brittain (above) hopes to return to competition in time for the 2020 Tokyo Games.

Brittain, who bounced back after winning a battle with cancer to earn silver with pairs partner Shaun Keeling at the 2016 Rio showpiece, confirmed yesterday he would not race at all this year.

“At the moment my body is not happy with me,” Brittain said.

“I think the vast volume of intense training I have been doing over the last few years has worn me down a touch.”

The Tuks-HPC rower, also a former Under-23 world champion, would be 29 years old in 2020, and he was eager to make a comeback after refilling his energy reserves.

“It is nothing too serious. I am just taking a few months off, then I will start slowly to get into things,” Brittain said.

“My goal is to compete at the 2020 Olympic Games in Tokyo, and 2019 is going to be important as it is the year in which we need to qualify for the Games, but not competing this year won’t be the end of the world.

“I need my body to be 100% from next year, in the build-up to the Olympic Games.”

In a similar move, his 23-year-old training partner, Olympic fours finalist Jake Green, was also set to take the season off in order to recuperate before starting his charge towards the Tokyo Games.

