

THE DECATHLON ASSOCIATION

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WORLDS: SCENES & SAYINGS

Recalling the IAAF Worlds

Hello Again..... We bring you a few quotes and a few photos from the American decathlon team from the recent and 14th annual IAAF World Championship decathlon in Moscow, Russia.

[Thanks to USATF & Idaho Statesman]

Ashton Eaton, gold medal- 8809 points

“Now I've done everything there is to do in multi-events.” Asked about his terrific 400m: “I was just going through the motions ... I realized I couldn't do that. Going into the 400 meters, I decided to be competitive again.” [ed-his 46.02 was 2nd fastest in history] “The high jump is definitely rusty because I wasn't able to do it a lot this year. I think for the long jump, shot put and high jump I was just lacking motivation. I think it's been a long three years. I was kicking my own butt in Daegu, I was kicking my own butt last year to be in really good shape and do great things, which I did. And I tried to go into this year the same way with training, but it's just finally here in August and I'm exhausted.”

After the medal ceremonies:

“It feels good. It was the only thing I had left on my list to do. Now I have done everything there is to do in the multi-events. I'm very excited just to be able to be here. This is what I look forward to, this is what I put in all my training for, and it is good to come away a winner. It is always just good to finish with the decathlon guys, they are a great group. Anywhere we compete whether it is the world



Medalists Schrader/GER, Eaton/USA and Warner/CAN.

championships or the Olympics, it is just really fun to finish with them.”

Gunnar Nixon, --breakthrough PR at 8312 for 13th

[ed]“the highest 13th place score in history...well, that's a bit esoteric, but, all the same...] “I'm right where I want to be, I'm just out there having fun. I had two personal bests today. The long jump was a 15 centimeter personal best and the shot put was a thirty centimeter personal best, an overall day 1 personal best, so I'm pretty happy. I'm out there having fun, no pressure. I'm trying to do my best in each event.”

“The shot put went really well, and the discus went really well, and there is still a lot more there to develop. It is no different to me than the junior level, you still have to do the same events, and really you just have to focus on yourself. You focus on yourself, and don't worry about everyone else, because really in the decathlon you are competing against

yourself and no one else. I'm happy with what I did, it was an overall personal best. That's a big PR from 8198, so I can't complain



No Gunnar, it's we who should be saluting you.

Jeremy Taiwo, injured and withdrew

[on knee problem]

“My knee started bothering me, the inside of my left knee, during the long jump, so then I rested and didn't take my last jump. After the break I came back to the high jump, and when I took my first practice jump, I didn't even get off the ground. I just felt like I didn't have anything in my leg. Walking over to my coach I realized that it hurt really badly on the outside of my knee and it was really unstable. I tried to jog on it and it kept giving out and the pain got worse. So I went in to the medical staff and that's all. I feel like my next world championships is going to be fine. I got out here and felt relaxed, like it was just another meet. I ran fast, I had a good long jump, and I was excited to have a really good met. I guess my body wasn't ready for the whole thing.”

Trey Hardee, defending champion

[about high jump and withdrawal]

“I just started cramping. Just in my takeoff leg, the left leg. Warm ups were great, but it's just one of those things. I landed on the pit after my second attempt and my hamstring was grabbing. The third jump came around too quick. I was trying to jog and summon some energy, and it just wasn't letting me run. The more I opened my gate and the more I



I doubt that anyone in the decathlon world has a longer sprint stride than Jeremy Taiwo

tried to run, the more it just wanted to cramp up. It was at 1.90, which in warmups I cleared in two steps. It wasn't the bar, it wasn't anything. My body was just like 'no it's not going to happen today.' This will be the first major championship I haven't medaled at, including indoors since 2008. And this was



Trey Hardee, the 2x & defending world champ had his own trials in the high jump

probably the one I was most mentally prepared for.”



Does this remind anyone of he 1983 Euro Champs photo from Athens of Daley Thompson, just setting a world record, standing over the entire field at the finish line. And why are North Americans the only ones standing?



A slow motion shot catches the shot coming off Ashton's fingers.



Canadian Damian Warner in the vault.



Why do they always ask the medalists to take a bite from the medals? I've never understood that?



The newlyweds, Ashton and Brianne who competed in the women's heptathlon immediately following the decathlon in Moscow

