

THE DECATHLON ASSOCIATION

DECA Newsletter

Volume XXXII

Number 23

August (2), 2007

ABDUR-RAHIM CONQUERS GERMANS Mustafa Led USA Team Wins Thorpe Cup

Hello Again...25 year old Dartmouth grad Mustafa, Abdur-Rahim came from well back to win the 14th edition of the Thorpe Cup, the annual USA vs. Germany team match in Bernhausen. Fourth after day one and 339 points down with an event remaining, Moose gunned a 4:27.88 and won the individual title with 7760 points, 24 more than teammate and 2005 winner Ryan Harlan.

For the 3rd time Americans swept the top 3 places (Wisconsin's Joe Detmer was 3rd in 7616) and captured the team battle by just over 1100 points. A year earlier, in Manhattan, KS, the margin was just 57 points.

'76 Olympians Dan O'Brien and Steve Fritz coached the veteran American club which has now has a five meet win streak.

2005 winner Ryan Harlan led at the break and was 2nd with 7736 score. Detmer, who was the NCAA runner-up and who, 8 months ago had set an AR indoor 1000 meters, was 3rd finishing with a fine 4:18.43 1500 meters. Ex NCAA II champ Chris Randolph worked his way from 8th after day one to finish 5th (7502) and Chris Boyle, who was the top American a year ago in Manhattan, KS, was 7th and the 5th American at 7470.

Ryan Olkowski (7405) and Chris Helwick/Tennessee (7354) were 9th and 10th.



At the end of a long season Mustafa Abdur-Rahim, the '05 NCAA runner-up from Dartmouth, won the 14th Thorpe Cup with a seasonal best 7760 score.



It has been a long season for most of the American decathletes, most of who were performing as early as January.

The young Team Zehnkampf, coached by 1976 Olympian Frank Muller, got PR performances by a pair of youngsters: Steffen Fricke, 23, Halberstadt (7555- a 210 digit PR) and Patrick Spinner, 22, Ortenau (6th at 7488, 160 point PR). 20 year old Moritz Cleve, who will enroll at Kansas State next month, also PR'd at 7169.

**14th Thorpe Cup
USA vs. Germany
Bernhausen, GER
August 18-19, 2007**

**Day Two
110m Hurdles:**

Harlan eased away from fast starting Abdur-Rahim in the final section

to clock 14.24 seconds (+0.5 mps) to 14.41. Cleve (14.67) was the only other athlete to break 15 seconds.

After Six: Harl 5076, Olko 4966, Abdu 4951.

Discus:

Team captain Lars Albert captured the discus with a 46.58m/152-10 which moved him to 6th. Boyles PR's for 2nd at a fine 45.01m/147-8 and Abdur-Rahim was 4 feet off his lifetime best in third, 44.31m/145-4 to move to the runner-up spot.

After Seven: Harl 5813, Abdu 5704, Oklo 5568.



Wisconsin senior Joe Detmer (l) won the 400 and 1500 and finished 3rd in his initial international with 7616 points. Ryan Harlan (r) won the shot, high jump and pole vault and was runner-up at 7736.

Pole Vault:

Harlan pushed his overall lead over Abdur-Rahim to 344 points by winning the event with a fine 4.90m/16-3/4 effort. Boyles managed 4.70m/15-5 and the team battle, (sans nh's) was over as the yank club expanded its lead to 1,503 points.

After Eight: Harl 6693, Abdu 6349, Boyl 6333.

Javelin:

Patrick Spinner and Lars Albert went 1-2 here (62.76m/205-11) and (59.84m/196-4). Chris Helwick was the top American with a 58.66m/192-5.

The battle between Harlan and Abdur-Rahim was a virtual wash: Moose getting a seasonal best 54.30m/178-2, 14



Patrick Spinner of Team Zehnkampf won the javelin with a 62.76m/205-121 effort.

inches better than Ryan. Now the differential was 339 points, worth about 56 seconds in the next event.

Remarkably, lifetime bests went to Detmer (54.10m/177-6) and Olkowski (52.51m172-3).

After Nine: Harl 7340, Abdu 7001, Boyl 6988.

1500 Meters:

Predictably Detmer, who had established a new collegiate record at the NCAAs at 4:04.11, bounded off at the gun's report with Mustafa in close attendance. 56 seconds was a lot to make up, but, lap after lap the diminutive pair pushed on while Harlan flagged.

Detmer pulled away in the final lap and won comfortably in 4:18.43 to move him 9th to 3rd overall. Mustafa hung on to clock 4:27.88, about 4 seconds off a lifetime best, then had to wait on the infield until Ryan finished. His margin over Ryan was 63 seconds and his margin of victory was 24 points. Johannes Schwuchow was the top German clocking 4:32.52

After Ten: Abdu 7760, Harl 7736, Detm 7616.

The Coaching Staff in Bernhausen:



was a reunion of the 1996 Olympians: Dan O'Brien (l) and Steve Fritz (c) of the USA, and Frank Müller of Germany (r).

Results:



8/18-19 14th Thorpe Cup, USA vs Germany, Bernhausen, GER

7760	Abdur-Rahim, Mustafa/USA	10.85-0.6	700+0.5	1419	188	48.51	14.41+0.5	4431	410	5430	4:27.88	
7736	Harlan, Ryan/USA	11.24-0.6	688	0.0	1613	209	50.48	14.24+0.5	4354	490	5394	5:30.65
7616	Detmer, Joe/USA	11.17-0.6	703+0.8	1249	191	47.48	15.21+0.7	3802	450	5410	4:18.43	
7555	Fricke, Steffen/GER	11.28-0.1	702-0.3	1410	203	48.94	15.35+0.8	4190	430	4829	4:31.72	
7502	Randolph, Chris/USA	11.63-0.1	675	0.0	1331	206	49.68	15.64+0.8	4203	460	5663	4:38.24
7488	Spinner, Patrick/GER	11.20-0.6	745+1.3	1317	188	49.74	15.24+0.7	3636	420	6276	4:39.40	
7470	Boyles, Chris/USA	11.33-0.1	673	0.0	1486	203	51.44	15.02+0.7	4501	470	5316	5:10.35
7438	Albert, Lars/GER	11.36-0.6	713+0.1	1535	188	53.54	15.06+0.8	4658	450	5984	5:09.04	
7405	Olkowski, Ryan/USA	10.86-0.6	723+1.0	1300	206	49.59	15.04+0.8	3691	450	5251	5:19.76	
7354	Helwick, Chris/USA	11.54-0.1	686	0.0	1397	182	50.54	15.31+0.8	4116	460	5866	4:43.27
7248	Buchele, Uwe/GER	11.45-0.1	679+1.7	1316	194	51.63	15.71+0.8	4067	430	5653	4:33.49	
7247	Schwuchow, Johannes/GER	11.62-0.1	686+0.2	1302	197	50.57	15.12+0.8	3895	440	4858	4:32.52	
7169	Cleve, Moritz/GER	11.35-0.1	641	0.0	1317	188	49.43	14.67+0.5	3631	450	4947	4:41.27
6777	Ade, Julian/GER	11.26-0.6	684+0.4	1459	188	52.61	17.39+0.7	4118	420	4681	5:01.73	

1st/2nd day scores: Abdu 4029/3731, Harl 4132/3604, Detm 3937/3679, Fric 4046/3509, Rand 3854/3648, Spin 3940/3548, Boyl 3900/3570, Albe 3793/3645, Olko 4121/3284, Helw 3686/3668, Buch 3594/3554, Schw 3742/3505, Mori 3676/3493, Ade 3739/3036.

Team Scores:	1	2	3	4	5	6	7	8	9	10
USA	4206	8245	11,928	15,954	20,119	24,501	27,984	31,848	35,094	38,084
GER	3986	8090	11,755	15,423	19,260	23,393	26,719	30,345	33,600	36,976
+/-	+222	+155	+173	+531	+859	+1,108	+1,265	+1,503	+1,494	+1,108