

THE DECATHLON ASSOCIATION

DECA Newsletter

Volume XXXII

Number 7

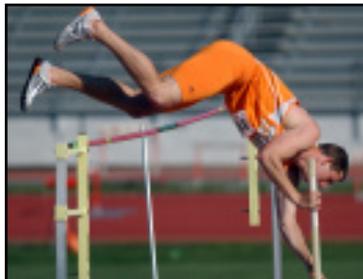
April (3), 2007

RICHARDSON II, HELWICK & COLD WEATHER DOMINATE

Hello Again....A continued cold snap in the East and Mid-west keep ten event scores down for a second consecutive week in April. Rain and sub-normal temperatures beleaguered both the annual Walton meet in Columbia, Missouri and the Sea Ray Relays in Knoxville. Dnfs dotted the landscape and the number of 7k weekend scores was half of what was expected.

Norwegian Olympian Hans Uldal defended at Walton but his winning total of 7332 was nearly 700 of his '08 8k performance. First day leader Decosma Wright, a Jamaican from Lincoln University, MO, fell apart in the final three disciplines giving up over 500 points to Uldal. After a 4k first day Wright finished with 6933 for fourth.

In Knoxville, Tennessee senior Chris Helwick's 7732 effort was quite



Senior Chris Helwick vaults 4.75m/1507 on way to 2nd consecutive Sea Ray decathlon win in Knoxville.



Chris Richardson II(l) a senior at Long Beach State and Hans Uldal, (r), Missouri, won decathlons 2000 miles apart. Richardson took the Mount SAC Relays with a PR 7871 while Uldal captured the Walton affair in Columbia with 7332 score

impressive considering the wet Sea Ray conditions (65.12m javelin). "We were just trying to get a qualifier," said Volunteer coach Bill Webb, "After the first day we thought 7300-7400 would win it."

The weather was much more accommodating at Azusa Pacific University where red-shirting Chris Richardson II (the II since there are a pair of competing Chris Richardsons –I dnf's at Walton – and I can't wait until they find themselves in the same meet, race or adjoining lanes) posted a huge PR 262 point PR while winning the Mount SAC Relays. His 7871 was 73 up on Chris Randolph, last year's Div II champ from Seattle Pacific who was recuperating from a leg injury, and 500+ up on Brian Walsh, a senior at the Air Force Academy.



To set the record straight: Chris Richardson II (l) won the Mount SAC Relays with PR 7871. Chris Richardson I (r) dnf'd at Walton on same day.

Washington's Bake Bidleman won the accompanying California Invitational. 34 started and 30 finished at Azusa. At the David Nobles Angelo State Relays, Ryan McWilliams (6979) of the host school coasted on day #2 after building a solid first day lead.

Other Notes: 2000 Olympic champion Erki Nool has been elected to the Estonian Parliament. Qualifying scores for the 2008 U.S. Olympic decathlon trials include: A-7900, B: 7600. Qualifying period begins January 1, 2007.