

THE DECATHLON ASSOCIATION

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SOSSAH EURO u23 RUNNER-UP

Bernard Wins in Hexham

Hello Again....there has been a decathlon lull in mid-July, with a few current and former US college students competing in Europe.

North Carolina sophomore Mateo Sossah, 21, Mons en Baroeul, France, who entered the 2009 season with a 7378 PR, posted a third terrific seasonal effort (along with 7821 to win ACCs and 8044w for 2nd at NCAAs), scoring 7885 points for second at the European Championships for athletes under 23 years of age in Kaunas, Lithuania on July 15-16. A disappointing vault (4.10m/13-5½ and 60 cm less than PR) cost Mateo a 2nd consecutive 8k score. As it was he watched Dutchman Eelco Sintnicolass vault 5.30m/17-4½ while fashioning a terrific 8112 performance.

The 6-4, 210 lb Sossah got lifetimes bests in the two long throws, and then ran 4:24.12 to hold off Serbian Mihail Dudas by just 30 points. Last year's IAAF World Junior runner-up, Eduard Mihan/BLR, was 4th.

Mantas Silkauskas, one of the pre-meet favorites, was not so fortunate. After a 4043 3rd place first day, a win in his section of the hurdles and a PR discus, Silkauskas, a freshman at Kansas State, no heighted in the vault and withdrew. The performance was doubly disappointing since the affair was held in his hometown of Kaunas. University of Missouri Norwegian soph Lars Rise, whose 7776 PR came at the recent NCAAs got thru just two events before an injury claimed him.

A 3rd Big-12 decathlete, Nebraska senior Skyler Reising, 23, Lincoln, also came a cropper, last weekend, at the International in



Upper left: UNC soph Mateo Sossah was runner-up at the u23 champs in Kaunas, Lithuania; Upper right: Former LSU star Claston Bernard won the international in Hexham, GBR; Lower left: Kansas State's Mantas Silkauskas was in the Kaunas u23 hunt for 7 events; Lower right: Nebraska's Skyler Reising was unable to finish in Hexham.

Hexham, GBR. Skyler managed 3700 points at the break, then watched former NCAA champ Claston Bernard/ex-LSU, win with a fine 7702 score.

The results of the Euro u23 and Hexham meets are found below.

What's Next?

Next up for USA decathletes are a pair of national Junior Olympic meets and a trio of internationals.

July 28-29 USATF Junior Olympics
Greensboro, NC
July 29-30 World Masters Athletic Champs
Lahti, Finland
Aug 1-2 AAU Junior Olympics
Des Moines, IA
Aug 8-9 16th Thorpe Cup (USA vs Germany)
Marburg, GER
July 31-Aug 1 Pan-American Junior Champs
Tobago, Trinidad-Tobago



7/15-16 European u23 Champs, Kaunas, LTU

8112 Sintnicolaas, Eelco/NED 11.08-1.7
729+1.7 1339 191 48.22 14.81+0.2 4052 530 6151 4:27.64
7885 Sossah, Mateo/FRA-N Carolina 11.69-1.1
727+1.3 1367 209 49.23 14.57+0.2 4544 410 6027 4:24.12
7855 Dudas, Mihail/SRB 10.98-1.7
728+0.3 1276 200 47.86 14.80+1.8 3964 460 5304 4:24.30
7785 Mihan, Eduard/BLR 11.10-1.7
736+1.7 1359 191 48.54 15.06+1.8 4136 460 5263 4:23.77
7779 Zyabrev, Aleksandr/RUS 11.07-1.7
729+1.4 1433 188 48.87 14.78+0.2 3882 450 5771 4:27.89
7740 Kahlert, Steffen/GER 11.22-0.6
732+1.7 1356 191 50.22 14.52-1.3 4014 510 4604 4:27.19
7594 Kukk, Aigar/EST, 7526 Itani, Sarni/FIN, 7521
Jammier, Quentin/FRA, 7513 Freimuth, Rico/GER, 7503
Nejedly, Adam/CZE, 7463 Querin, Gael/FRA, 7450 Pyra,
Dawid/POL, 7428 Carton-Delcourt, Bruno/BEL, 7391
Sazima, David/CZE, 7388 Stanel, Frank/CZE, 7069 Solot,
Jeremy/BEL, dnf: Silkauskas, Mantas/LTU-Kansas St
[10.85-1.7 759+0.4 1202 194 49.57 4043 1st day 14.52+0.2
4124 nh], dnf: Rise, Lars/NOR-Missouri [11.72-1.1 664+1.2
withdrew], 20s, 17f.

7/17-18 International, Hexham, GBR

7702 Bernard, Claston/JAM-ex LSU 11.04+1.7
677+0.4 1431 205 49.96 14.74-2.5 4467 435 5515 4:44.02
7256 Dunford, Ed/GBR, 7230 Baar, Pavel/CZE, dnf:
Reising, Skyler/USA-Nebraska [11.37+1.6 655-2.1
1418 205 54.44 withdrew], dnf Collins, Jon/USA
[11.45+1.7 605+1.0] 21s, 11f.