

THE DECATHLON ASSOCIATION

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8569 for PAPPAS ! Leads Team USA to Thorpe Cup Win

Hello Again.....

Team USA pounded a young and inexperienced German Team Zehnkampf to capture the 16th Thorpe Cup match in Marburg, Germany on August 7-8. It was the 7th consecutive win and the Yanks now own a 13-3 meet record. To the surprise of many Tom Pappas ran up an outstanding 8569 point score while leading his teammates to a gaudy 3,500 point victory. “The score was not really a surprise to me or Cliff “ (coach Rovelto) said Tom who now owns the 2nd best score ever for a 32 year old. 4 weeks shy of his 33rd birthday, Pappas won half of the events and led after his first long jump.

Joe Detmer (2nd), Paul Terek (4th), Nick Adcock (5th and 11 points shy of a PR) and Lysias Edmonds (6th) all posted solid scores as the American team *averaged* 7892 points. Only three American 5-man teams have ever scored more. Vets Mike Marsh (7th) and Chris Randolph (9th) completed the assault.

Few decathletes have the credentials of either Tom Pappas or Paul Terek, collectively veterans of over 75 career ten-events. Both were effusive about the meeting in Marburg. Said Pappas “this meet was awesome...great facilities... fans were awesome... good weather, etc. They treated us so well there.” Terek concurred. “With the exception of Götzis this was the best meet organized meet I ever participated in.”

Part of the explanation for their positive comments can be chalked up to the



Healthy, 32 year old Tom Pappas nailed this career best discus effort (51.57m/169-2) on the way to an eye-opening 8569 score, the season’s second best world wide total.

lack of orderliness and preparation in many American combined event meets. But most of the credit goes to Herman Holzfluss of Marburg who should be named “meet director-of-the-year.”

As impressive as the USA and Pappas performances were, the MVP here in Marburg was Holzfluss, the meet organizer. Assistant coach Travis Geopfert claimed “in terms of



A crowd of 1000 spectators including many US military families watched day two.

facilities, atmosphere, history of the city this meet was nothing short of

awesome!! The guys competed extremely well. Hermann did a phenomenal job in every way. Lot's of history and cool stuff. A notable thing was a visiting the army base in Wiesbaden on Thursday. Many of the troops and their families came down to Marburg to watch the meet and cheered us on. It was a wonderful experience in every way.

(Note to next USA Thorpe Cup host: we'd do well to include the German community and US military in our plans.) Here's the Marburg story.

**16th Thorpe Cup
USA vs Germany
Marburg, GER
August 7-8, 2009**



110mHurdles: [Noon]



14.19 seconds later Tom Pappas had his 4th event win.

Can you spell S-W-E-E-P? The first race, with 4 Yanks led by Mike Marsh's 14.78, swept the first 4 places. The second race resulted in another sweep as Tom Pappas led Nick Adcock and Lysias Edmonds, 14.19 to 14.45 to 14.51. Good conditions and slight tailwinds.

Adcock, was putting a solid meet together in spite cutting his foot on Friday in the creek behind the athlete's hotel. Ice is at a premium in Europe and the team was conducting an ice bath when the Missouri junior slipped. The wound required 4 stitches yet he did not allow the injury to detract from his performance.

After Six: Papp 5422, Edmo 4949, Detm 4898, Hech 4842...team: USA +2009.

Discus: [12:45 pm]

Although his first two tosses were rather weak (46.81m/153-7 and 46.40m/152-2) Pappas knew there was much more there. "My first two throws were terrible and I was excited as soon as the discus came out of my hand on the third..I knew it was big," he said later. "I have been throwing really far in training so even that event wasn't a surprise." His platter covered 51.57m/169-2 (a huge PR by 5½ feet!) of Marburg real estate. Most decathletes are not getting PRs at age 32!

Paul Terek spun 44.89m/147-3 in round #2 for second place. Nearly as impressive but mostly overlooked was Nick Adcock's 4 foot PR, 38.83m/127-4 in the opening round.

Jake Arnold, prepping for Berlin, had a nice series as a guest ultimately marking 44.69m/146-8.

After Seven: Papp 6325, Edmo 5559, Detm 5520, Hech 5504...team: USA +2234.

Pole Vault: [2:30 pm]



Tom Pappas (l) and Paul Terek (r) made vault noise skying 5.05m/16-6¾ and 5.25m/17-2¾ respectively.

Germany's Thorsten Margis started the event with a no-height, further pushing Team Zehnkampf arrears.

But Pappas was on a roll. The day before he actually stopped high jumping w/o recording a miss. On Sunday he was clean thru a vault at 5.15m/16-10¾. He opened at 4.65m/15-3, passed the next bar, then cleared 4.85m/15-11, 4.95m/16-2¾ & 5.05m/16-6¾, all on first attempts. He had a trio of close misses at 5.15m/16-10¾. He explained: "I think the biggest thing I needed was to just be

healthy. My body hasn't felt this good in years. It's amazing how fun a decathlon is when I'm not worried about how much something is going to hurt every event! Tom walked away from the event leading by over 800 points.

But the talk of the event was the delighted Paul Terek who made 5.25m/17-2¾ for the win, then became the crowd favorite, now at over 1000 strong, by skipping up and down the track high-fiving every nearby fan who would extend a hand. He went for the meet record of 5.35/17-6½. The meet record is held by Mario Sategna at 5.30m/17-4½. After one attempt he retired and finished one bar up on German Ralf Bender.

As guests Jake Arnold (5.05m/16-6¾) and Trey Hardee (4.85m/15-11) put up substantial marks.

After Eight: Papp 7251, Edmo 6424, Tere 6415, Detm 6385....team: USA +3334.

Javelin: [4:45 pm]

20 year old Jan-Felix Knoebel showed why he was last year's IAAF world junior champ by sticking a PR 68.78m/225-7 in the first round. The mark moved him into 2nd place, but still 861 points behind Pappas. Tom managed a 61.70m/202-5 in round #2.



Jan-Felix Knoebel/GER (l) and Tom Pappas/USA (r) led the javelin event with 68.78m/225-7 and 61.70m/202-5.

Afterwards Tom remarked..."My javelin was an event that could have gone either way. I had some practices that went really well, and others that were awful. It was nice to finally have a decent throw (it's been a long time) --

an event though that needs to continue to get better and will. No reason why I shouldn't get back to 66m where it used to be. After all, the Cubans are throwing 77 meters now. Papp's 9 event total was now 8014!

Adcock, with his foot still bandaged, scared his own career best getting 59.35m/194-8.

After Nine: Papp 8014, Knoe 7143, Tere 7058, Detm 7030....teams: USA +3154.

1500 Meters: [6:00 pm]

Joe Detmer, (r), went after the toughest of the Thorpe Cup meet records, the 1500m and came up 3 seconds shy. Regardless, he posted his best post-collegiate score.



The event was anti-climatic. The interest focused on Joe Detmer's attempt to wipe out Kip Janvrin's 1500m meet record of 4:09.07 at the '99 squeaker in Aachen. Joe did all the work himself and numerous vaults and 3rd attempts took a lot out of him. He came up just short, but his 4:12.67 moved him from 4th to 2nd overall. Pappas was back at 5:00.77. "I was unsure of my conditioning since I had not run a 400m or 1500m all year." As it was, he did not even need to finish to win but his time netted 555 points leading to the world's second best score (8634 by Leonel Suarez/Cuba...he'll be the favorite next week in Berlin.) The total for Knoebel was a senior implements PR.

After Ten: Papp 8569, Detm 7892, Knoe 7758, Tere 7729....teams: USA +3535.

Notes: Tom Pappas will make it a two meet season by competing at Talence's DecaStar meet in mid-September, a meet he won in 2002. Kudos for the USATF/Thorpe Cup selection procedure. Each year the athletes who place 4-5-6-7-8 at the Sr USA nationals automatically qualify for and the final two athletes for the 7-man team are *discretionary selections* by the coaches. This years' selections were Tom Pappas (injured early in season) and Joe Detmer (vault nh in Eugene). Ironically they went 1-2 in Marburg.

U. of Georgia Tommy Barrineau placed 7th as a guest at the Finnish champs in Espoo with a 6958 score on August 1-2.

Finally, we must acknowledge the photos from Marburg taken by former national class decathlete from Germany, Kenny Beele. They are posted on the Zehnkampf team website: www.zehnkampfteam.de/galerien/2009. I'm sure you'll agree they are some of the best we've seen.

dnf Bükler, Nils/GER 10.81+0.8 676+1.0
1246 withdrew

1st/2nd day Scores: Papp 4472/4097, Detm 4036/3858, Knoe 3875/3883, Tere 3890/3839, Adco 3899/3747, Edmo 4039/3587, Mars 3837/3666, Hech 3982/3594, Rand 3772/3662. Täch 3616/3605, Bend 3599/3490, Marg 3811/2572.

Team Scores:

Team USA 39,462 ave=7892+
[Papp 8569, Detm 7892, Tere 7729, Adco 7646, Edmo 7626]
Team Zehnkampf 35,927 ave=7185+
[Knoe 7758, Hech 7476, Täch 7221, Bend 7089, Marg 6383]

Scores by Event:

after:	1	2	3	4	5
	6	7	8	9	10
USA	4339	8585	12,060	16,041	20,338
	24,848	28,288	32,707	36,030	39,462
Germany	4127	8254	11,586	14,982	18,833
	22,839	26,054	29,373	32,876	35,927
Differential	+212	+331	+474	+1059	+1505
	+2009	+2234	+3334	+3154	+3535

Results:

8/7-8 16th Annual Thorpe Cup, USA vs Germany Team Match, Marburg, GER



8569	Pappas, Tom/USA	10.84+1.6	763+1.7
	1682 207 49.49 14.19+0.3 5157 505 6170 5:00.77		
7892	Detmer, Joe/USA	11.01+0.8	725+1.0
	1200 198 47.91 14.90+0.6 3792 485 5380 4:12.67		
7758	Knoebel, Jan-Felix/GER	11.35+1.6	708+1.5
	1429 189 50.16 15.29+0.3 4259 485 6878 4:50.63		
7729	Terek, Paul/USA	11.09+1.6	680+2.8
	1362 195 49.90 15.66+0.6 4489 525 5367 4:41.53		
7646	Adcock, Nick/USA	11.21+0.8	707+1.9
	1294 192 49.03 14.45+0.3 3883 455 5935 4:39.15		
7626	Edmonds, Lysias/USA	10.87+0.8	699+1.9
	1245 201 48.37 14.51+0.3 3729 485 4697 4:43.55		
7503	Marsh, Mike/USA	10.99+0.8	686+1.6
	1293 195 50.94 14.78+0.6 4071 445 5692 4:41.13		
7476	Hechler, Simon/GER	10.95+0.8	759+1.3
	1217 192 50.21 14.91+0.3 3986 425 5573 4:51.51		
7434	Randolph, Chris/USA	11.35+1.6	665+1.9
	1290 192 48.94 15.10+0.6 3628 495 5456 4:39.27		
7221	Tächl, Lukas/GER	11/56+1.6	680+2.4
	1308 192 52.42 16.10+0.6 4158 465 5665 4:37.83		
7089	Bender, Ralf/GER	11.43+1.6	674+1.4
	1184 189 50.82 15.76+0.6 3362 515 4856 4:41.67		
6383	Margis, Thorsten/GER	11.27+1.6	707+1.9
	1307 189 50.25 16.30+0.6 4214 nh 5767 5:17.79		