

# THE DECATHLON ASSOCIATION

## DECA Newsletter

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## KASYANOV LEADS PAPPAS

### After 1<sup>st</sup> day at Talence

**Hello Again....**the first day at DecaStar in Talence, France held few surprises as the 2009 season grinds to a close. World champ Trey Hardee withdrew a week before and Sweden's Niklas Wiberg and BelaRussian Andrei Krauchanka were late no shows. Regardless, the field was a classy international one with IAAF Combined Events Challenge rewards at stake.

A pair of Americans were in the field, Tom Pappas, 3 weeks past his 33<sup>rd</sup> birthday, who had won big at the Thorpe Cup, and Jake Arnold, 25, in his 4<sup>th</sup> European meet of the year. For Pappas, this was an attempt to finish a pair of seasonal meets for the first time since 2004.

Oleksiy Kasyanov, 24, 4<sup>th</sup> place finisher at the recent world Champs in Berlin, put 5 solid marks up and leads Pappas, 33, by 138 points at the break. The only other contender is Russian Alex Pogorelov who trails Pappas by 71.

**24<sup>th</sup> DecaStar**  
**Talence, France**  
**Sept. 19-20, 2009**



**100m:** [11:00 am]

15 athletes reported to the starting line at 11:00 am. The initial section was a local and won in a sluggish 11.45 (headwind -1.1 mps) by favorite Romain Barras. Tall and un-groomed Russian Alexandr Pogorelov, fresh from his medal performance at the IAAF



**Tom Pappas, 33, who won the DecaStar meeting on 2004, stands in 2<sup>nd</sup> after 5 events.**

worlds in Berlin, won the second race with a late charge in 11.05 seconds. American Jake Arnold, starting the 4<sup>th</sup> international of the season, was 4<sup>th</sup> in a slowish 11.32 (-0.2 mps wind). The seeded section was a rout as quick Ukrainian Okeksiy Kasyanov ran away from a good field to record 10.73 seconds (0.0 wind). Speedy Estonian Andres Raja 2<sup>nd</sup> in 10.95 as only the pair broke 11 seconds. Tom Pappas was 4<sup>th</sup> in 11.09. No PRs and, overall, a sluggish event. It's been a long season.

*After One: Kasy 922, Raja 872, Gour 856, Pogo 850....5<sup>th</sup> papp 841...10<sup>th</sup> Arno 791*

**Long Jump:** [Noon]

The bouncy Kasyanov flew 7.73m/25-6 to extend his lead. Pappas was a solid 3<sup>rd</sup> at 7.39m/24-2½. Arnold was 11<sup>th</sup> at 6.82m/22-8¼. Pappas moved to 2<sup>nd</sup>, marginally ahead of Raja and Pogorelov.

*After Two: Kasy 1914, Papp 1749, Rajo 1743, Pogo 1726....13<sup>th</sup> Arno 1562*

**Shot Put:** [1:45 pm]

Clearly off form German Pascal Behrenbruch and Russian Aleksiy Sysoev completed a 3<sup>rd</sup> sub-par event and the focus was clearly on the big three now who

separated themselves from the remainder of the field. Kasyanov pumped 15.31m/50-3, Pappas 15.86m/52-½ and Pogorelov, who won the event at 16.24m/ 53-3 ½. Arnold managed 13.57m/44-6½.

*After Three: Kasy 2723, Papp 2592, Pogo 2592, Raja 2496....11<sup>th</sup> Arno 2264.*

**High Jump:** [3:30 pm]

Tom Pappas is no longer the 7-2 high jumper he was in college a decade ago, but he showed flashes of brilliance here by winning the event in 2.06m/6-9¼ cutting 56 points (2 bars) into the young Ukrainian's lead. Sysoev also managed 2.06m/6-9 ¼ while teammate Pogorelov cleared 2.03m/6-8. Arnold was back at 1.91m/6-3½.

*After Four: Kasy 3562, Papp 3451, Pogo 3423, Raja 3327....Arno 2987.*

**400m:** [6:15 pm]

Kasyanov, 24, posted a fine 48.62 effort here (@ 8 tenths slower than Berlin) while Pappas managed 49.96 (@ half a second down on Marburg) to make the 1<sup>st</sup> day differential 168 points. This was now a youngster vs veteran affair.

*After Five: Kasy 4405, Papp 4267, Pogo 4196, Raja 4168.*

**1<sup>st</sup> day results:**



**9/19-20 DecaStar, Talence, FRA**

4405	Kasyanov, Oleksiy/UKR	10.73	0.0	773+0.9	1531	200	48.62	
4267	Pappas, Tom/USA	11.09	0.0	739+0.4	1586	206	49.96	
4196	Pogorelov, Aleksandr/RUS	11.05	-0.2	726+1.2	1624	203	50.92	
4168	Raja, Andres/EST	10.95	0.0	724+0.9	1440	203	49.44	
4035	Sysoev, Alexey/RUS	11.15	0.0	661+0.8	1528	206	49.90	
3989	Van Alpen, Hans/BEL	11.25	-0.2	740	0.0	1422	188	49.56
....11 <sup>th</sup>	3785 Arnold, Jake/USA	11.32	-0.2	682+0.5	1357	191	50.36	