

# THE DECATHLON ASSOCIATION

## DECA Newsletter

Volume XXXVIII

Number 51

Aug (4), 2013

## EATON in CONTROL in MOSCOW

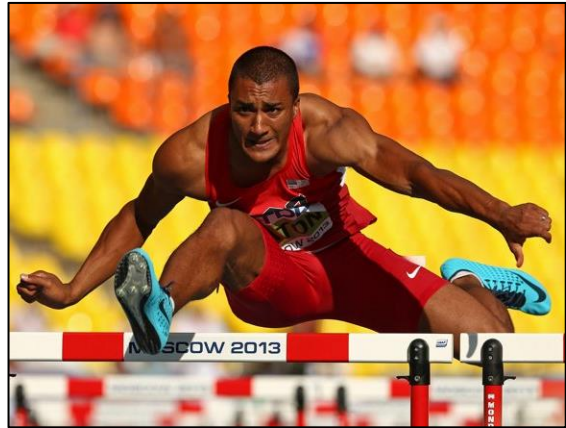
### Solid Day Two Morning

**Hello Again....** In my rush to make the hotel bus I neglected last evening to give full acknowledgement to the 400m performance by Ashton Eaton. His 46.02 was a career best *within* a decathlon, the 2nd fastest dec 400 m of all-time and the best non-altitude dec 400m ever. Only Bill Toomey's magical and long standing 45.68 effort at the 1968 Mexico City Olympic Games finds itself higher on the all-time list. If 400m efforts are any indication of second day reserve, then day two may have much in store.

Eaton dominated the early morning hurdle race (13.72 seconds), posted a solid 45.00m discus and 5.20m/17-3/4 vault and maintains a 181 point lead over German Michael Schrader with but two events remaining. They both look solid for the gold and silver, but there is a roadblock for the bronze.

Here are standings after 8 events:

Eaton	7252 points
Schrader	7071
Freimuth	7007
Warner	6959
Chinin	6944
Shkurenev	6940
Nixon	6898
Krauchanka	6893
Sintnicolaas	6922
Mayer	6839
Berhrebruch	6773
Suarez	6664



Ashton Eaton began day two with a 13.72 hurdle win and a pair of excellent field event marks.

**14th IAAF World Champs**  
**Luzhniki Stadium**  
**Moscow, Russia**  
**August 10-11, 2013**



### Day Two

#### 110 m Hurdles: [9:05-

There was almost no change in the weather...72°F at the 9:05 start of the 110m hurdles. General attendance at these championships was somewhat embarrassing for the Russian hosts. There were but 248 spectators on hand for the start of the first of 4 hurdles races on a quiet Sunday as (Maybe many potential fans were at church?) 28 laced 'em up for day two as Argentina's Roman Gastaldi withdrew overnight..

In the initial race 21 year old Kevin Mayer, '10 world junior champ, raced vet Leonel Suarez/CUB in lanes 5 & 4. Mayer

was away well while Suarez was caught napping (reaction 0.267!) and the Frenchman equalled his lifetime best at 14.21. Wind -0.2. Oleksiy Kasyanov dnf'd.

The 2nd race saw vets Igmarr Vos/NED (lane 2) and Eduard MIKhan/BLR (lane 7) duel yet neither was happy with the result. Thomas Van der Plaetsen controlled this event winning in 14.68. Vos hit the 6th barrier and ran out of his lane and was subsequently dq'd.

South African Willem Coertzen false started and Frenchman Gail Querin false started although the video clearly indicated that Dutchman Pelle Reitveld (ex Florida State) clearly moved before the gun.

Gunnar Nixon was placed in lane 8 and, although he owned the slowest PR by far he ran closest to his potential clocking a solid 14.57 seconds for 6th. Coertzen won in 14.30 with local favorite Ilya Skhurennev 2nd at 14.34.

### Hurdle Touchdown Splits for Nixon, Eaton

	Gunnar Nixon		Ashton Eaton	
Hurdle	Time	Split	Time	Split
1st	2.95	2.95	2.24	2.24
2nd	4.00	1.05	3.11	0.87
3rd	5.05	1.05	4.04	0.93
4th	6.20	1.15	5.05	1.01
5th	7.30	1.10	6.11	1.06
6th	8.38	1.08	7.25	1.14
7th	9.49	1.11	8.32	1.08
8th	10.64	1.15	9.38	1.06
9th	11.89	1.28	10.46	1.07
10th	13.08	1.19	11.51	1.05
Final time:	14.57	1.49	13.72	1.21

Hand times except for auto final time.

### Race 3 (wind:-0.1) name(lane)nation-pr reaction-points

14.30	Will Coertzen(5)	RSA-14.15	0.193	936
14.34	Ilya Skhurennev(3)	RUS-14.13	0.179	931
14.37	Pelle Reitveld(7)	NED-14.09	0.167	927
14.46	Pascal Behrenbruch(2)	GER-14.02	0.159	916
14.54	Mikk Pahapill(4)	EST-14.14	0.153	906
14.57	Gunnar Nixon(8)	USA-14.51	0.209	902
14.87	Gael Querin(6)	FRA(5)-14.33	0.181	865

StG= 1.47

The fourth race saw Eaton placed in lane 3 along side Michael Schrader/GER. Ashton had clocked 13.72 in an Estonian meet two weeks earlier. Dangerous Damian Warner was in lane 8.

Ashton reacted fastest of all and was clear of the field by the 2nd hurdle. He ran smoothly and duplicated his recent time, 13.72, running the first 7 barriers in bright



Eaton wins the 110m hurdle race with 13.72 clocking over Michael Schrader/GER (left) and Carlos Chinin/BRA(right).

sunshine and the last 3 in the shade, all due to the Luzhnik stadium's extensive overhang.

Rico Freimith caught collared Warner at the last hurdle and got the nod, 13.90 to 13.96. More importantly, from a medal perspective, Eelco Sintnicolaas clocked a fine 14.18 but Michael Schrader was sluggish at 14.29. Edward Hamalainen's/BLR 1993 meet record (13.57) will stand for at least two more years. Ironically, out of 28 starters, only Brazil's Carlos Chinin (14.05) bettered a career best.

Race 4	(wind:+0.4)	name(lane)nation-pr	reaction-	pts
13.72		Ashton Eaton(3) USA-13.35	0.158	1011
13.90		Rico Friemuth (9) GER-13.79	0.194	987
13.96		Damian Warner(8) CAN-13.61	0.158	980
14.05		Carlos Chinin (2) BRA-14.08	0.172	968
14.18		E. Sintnicolaas(6) NED-13.92	0.185	951
14.21		Arten Lukyanenko (7) RUS-14.00	0.213	948
14.29		Michael Schrader(4)GER-14.02	0.165	937
14.44		Andrei Krauchanka (5) BLR-13.93	0.191	918

StG = 1.40 seconds

[StoG time by author from Tribune]

After Six: Eato 5513, Nixo 5395, Schr 5364, Warn 5361.

**Discus:** [ 10:21-11:12 am & 11:30 – 12:18 pm]

Group A (top throwers) began after an frenzied warm-up. Eaton led off with a nifty 44.35m/145-6 toss, appearing to have this meet well in hand. Mayer PR'd at 45.87m/150-5. Behrenbruch, perhaps the best of the discus throwers, fluttered his platter to 38.05/124-10. At the end of round #1 Rico Freimuth led with a 48.41m/158-10 toss.

Round #2 was rife with fouls...for 8 of the first 14 athletes including Eaton. Uibo was guilty (nice to have instant replay) of a foot fault in the circle on the reverse. He protested but the video was clear.

Behrenbruch improved but only to 42.82m/140-6. So did Freimuth to 48.74m/159-11 putting himself back into the medal picture.

Eaton's 3rd platter nailed the 45m line (45.00m/147-8 exactly) and this was another very solid event for the world record holder. Uibo, facing elimination with a pair



Rico Freimuth won the discus (left) while Ashton Eaton notched a nice 45.00m/147-8 toss.

of fouls never hesitated but his 41.84m/137-2 mark was 7 meters below his early season effort. Behrenbruch improved to 45.66m/149-10, costing him dearly and 6 meters below his best.

Schrader's clutch PR in round #3 of 46.44/152-4 made him the man to beat for the silver medal. Freimuth's 2nd round toss was a winner in Group A which lasted 51 minutes.

Group B began at 11:34, a few minutes late. Dutchman Igmarr Vos

experienced more bad luck getting called for a foul when the video clearly indicated there was none! Go figure. This group had an advantage (and the added pressure) of knowing what athletes in the earlier group did. Sintnicolaas, Nixon and Warner were all medal contenders at this point so all eyes followed them closely.

In the 2nd round Sinti line-driven 39.14m/128-5, and then Nixon, at 40.76m/133-9 was within a meter of his Des Moines PR. Warner floated a nifty 44.13m/144-9 effort.

The very large yellow and blue shirted Ukrainian fans (shades of Erki Nool Fan Club) made the loudest noise.

After the first round Warner led. In round #2 Sinti, clearly feeling the pressure, dumped his platter just 33.17m/108-9 away. This is Nixon's weakest even but the raucous crowd of Ukrainians trying to outshout the raucous Russians were quiet for the start of a women's 100 meter qualifying race. With no noise in the stadium Nixon stepped up and, even though there was a bit of wobble, gunned it just inside the left foul line, covering 42.38m/139-0 of Moscow real estate. A PR! And a definite medal contender. Moments later Warner's disc hit the cage net, Foul.

Seldom is there much drama in the 3rd round of the Group B (weaker throwers) decathlon discus competition. But we had it in Moscow. Sinti improve but only by 7 cm and Nixon flubbed his toss and Warner did not improve. The event ended with a controversial foot fault call on Mihail Dudas, something the video could not confirm. !?!

*After seven: Eato 6280, Schr 6161, Frei 6127, Warn 6110, Nixo 6108.*

**Pole Vault:** [1:16 pm – 3:55 pm]

**In Group A** Ashton opened at 4.70m/15-5 but was rather sloppy over the bar dislodging it. He skied his 2nd attempt, no problem. He came back with an easy clearance at 4.90m/16-¾ a height at which

there were still 13 vaulters! This was to be one long, muggy afternoon.

At 5.00m/16-4¾ Ashton got off his pole to early, rattled the bar but it stayed on the uprights. His approach and plant were perfect at his 5.10m/16-8¾ 1st try clearance.

He struggled at 5.20m/17- 3/4, the same height where Sinti *opened!* Ash then popped over on his 2nd try. His first two trys at 5.30m /17-4½ were solid but the 3rd was not and he was now predicting a high 8700 point score.

Rietveld recorded a lifetime best at 5.10m/16-8¾. And Warner put himself into a favorable medal position with an PR equalling 4.80m/15-9.

**In Group B** Nixon had pole problems at his 4.30m/14-1 ¼ opener missing twice and unable to bend the pole. He faced all the pressure in the world on his 3rd try...and he pulled on his ne, stiffer pole as hard as he could betting some bend. It sent him sailing over, saving a great score. Whew!

He then passed the next bar and had no problem at 4.50m/14-9 not 4.60m/15-1. But he was unable to manage 4.70m/15-5. Group B lasted 126 minutes with 36 clearances over 90 attempts.

Vaulting continued (re: dragged) in Group A and we reached 200 attempts a 3:40 pm. When Russian Ilya Shkurenev snuck over 5.30m/17-4½ e too became a medal contender. At 5.40m/17-8½ only Sinti and Shkurenev remained and a clearnce by either had medal implications. The latter scrapped over on his 3rd try driving the 2000 fans who stayed all afternoon nuts. More importantly, he now had an outside medal shot.

In summary, The vault lasted 159 minutes and saw 92 clearances and 212 attempts.

**Progression:**

Group B 400 410 420 430 440 450 460 470 480 490  
 Nixon p p p xxo p o o xxx  
 Group A 440 450 460 470 480 490 500 510 520 530 540  
 Eaton p p p xo p o o o xo xxx

After eight: Eato 7252, Schr 7071, Frei 7007, Warn 6959.

**Results:**



**8/10-11 14th IAAF World Championships, Moscow.**

7252	Eaton, Ashton/USA	10.35-0.5	773+0.3	1439	193
		46.02	13.72+0.4	4500	520
7071	Schrader, Michael/GER	10.73-0.5	785+0.21456	199	
		47.66	14.29+0.4	4644	500
7007	Freimuth, Rico/GER	10.60-0.5	722+1.3	1480	196
		48.05	13.90+0.4	4874	490
6959	Warner, Damian/CAN	10.43-0.5	739+0.3	1423	205
		48.41	13.96+0.4	4413	480
6944	Chinin, Carlos /BRA	10.78-0.1	754+1.0	1449	196
		48.80	14.05+0.4	4584	510
6940	Shkurenyov, Ilya/RUS	10.97-0.1	735+0.1	1388	205
		48.39	14.34-0.1	4406	540
6922	Sintnicolaas, Eelco/NED	10.85-0.5	768+0.8	1408	202
		48.25	14.18+0.4	3921	530
6898	Nixon, Gunnar/USA	10.84-0.5	780+0.4	1468	214
		48.56	14.57-0.1	4238	460
6893	Krauchanka, Andrei/BLR	11.19+0.1	739-0.21484	211	
		49.65	14.44+0.4	4612	510
6839	Mayer, Kevin/FRA	11.23-0.1	750+0.1	1376	205
		49.53	14.21-0.2	4537	520
6784	Dudas, Mihail/SRB	10.67-0.5	751+0.7	1345	196
		47.73	14.59-0.2	4404	490
6773	Behrenbruch, Pascal/GER	10.95+0.1	719+0.6	1586	
		199	48.40	14.46	-0.1 4526 470
6744	Van der Plaetsen, Tom/BEL	11.09+0.1	764+0.4	1357	
		205	49.00	14.66	0.0 4117 510
6687	Lukyanenko, Artem/RUS	11.11-0.1	709+0.6	1443	199
		49.01	14.21+0.4	4406	500
6684	Coertzen, Willem/RSA	10.95+0.1	744+1.8	1388	205
		48.32	14.30-0.1	4325	450
6665	Pahapill, Mikk/EST	11.33-0.5	712+0.7	1438	199
		49.84	14.54-0.1	4757	500
6664	Suarez, Leonel/CUB	11.07+0.5	733+0.3	1420	190
		4821	14.62-0.2	4641	490
6648	Mikhan, Eduard/BLR	10.97-0.5	742+0.1	1415	196
		48.80	14.82	0.0 4800	460
6489	Uibo, Maicel/EST	11.21-0.1	726	0.0 1368	211
		50.60	15.29	0.0 4184	490
6357	Newdick, Brent/NZL	11.14-0.5	728+0.2	1384	202
		50.25	15.19-0.2	4249	450
6330	Reitveld, Pelle/NED	11.15-0.1	668+0.5	1321	190
		48.67	14.37-0.1	3806	510
6323	Sviridov, Sergey/RUS	10.98-0.1	730+1.2	1420	190
		51.13	15.23-0.2	4526	450
6210	Ushiro, Keisuke/JAP	10.73-0.5	684+0.7	1317	196
		51.20	15.32	0.0 4531	490
6068	Nilsson, Marcus/SWE	1142+0.1	662	0.01481	187
		50.56	15.04	0.0 4249	450
5744	Kame, Ali/MAD	11.48-0.5	672+0.7	1273	190
		50.87	15.20	0.0 3686	420
5427	Querin, Gael/FRA	11.19+0.1	718+0.5	1303	190
		48.78	14.87-0.1	3834	nh
dnf[4122]	Vos, Ingmar/NED	[10.98+0.1	745+0.7	1381	205
51.02	dq'd	4277	withdrew];	dnf[4012]	Kasyanov,
				Olexiy/UKR	[10.99-0.5 728+0.8 1405 190 49.75 dnf nm]

dnf [3807] Gastaldi, Román/ARG[11.20-0.5 689+0.9 1396  
187 dq withdrew]; dnf [3272] Felix, Kurt/GRN [11.20-0.5  
742 0.0 1295 208 withdrew]  
dnf [2634] Hardee, Trey/USA[10.52-0.5 735+0.7 1461 nh  
withdrew]; dnf [2479] Taiwo, Jeremy/USA[ 10.96-  
0.1753+0.61299 ]; dnf [2312] Karpov, Dmitri/KAZ[11.37-  
0.1 659+0.5 1539]. 33s,26f.