

THE DECATHLON ASSOCIATION

DECA Newsletter

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DAY ONE at RATINGEN

Euro u 23 Results-Akron Meet next



Hello Again.... Day One of the IAAF Challenge meeting in Ratingen was a dream. Perfect weather conditions and smokin' tailwinds greeted the 17 man field, most of who were from the host nation looking for an IAAF world champs bid. Chris Helwick was here seeking a PR score and the 8200 world champs 'A' standard. Aiding winds in the sprint ranged from +3.4 to +3.8 mps. WOW!

Young and speedy Rico Freimuth (son of Uwe) won the century at 10.50 and Algerian Larbi Bouraada (23 yrs old and 2x African champ) captured the long jump with a 7.94m/26-³/₄ leap (hello, +2.7mps wind). Pascal Behrenbruch predictably won the shot put with a 16.02m/52-6³/₄ thud and the scores after 3 events were eye-opening--- 4 over 2600 points.

The high jump was pivotal as all 3 spots to Daegu for the German team were on the line. Bouraadi won again, at 2.06m/6-9 but almost the entire field fell 2-3 bars below expectations. The gusty conditions did not help the one lappers as Bouraada extended his lead with a 48.19 effort.

After the first day, the question was, "could anyone catch the flying Algerian?" His coach, Ahmed Mahour Bacha, who had his charges train in Florida during the spring, felt the lead may hold up in spite of the superior German 2nd day skills. The Algerian stood at 4409, 181 up on Freimuth with South African Will Coertzen another 36 down. Having a surprisingly effective meet was former NVAA runner-up Jangy Addy, who competed



Larbi Bouraada/Alegria, 23, nailed a 7.94m/26-³/₄ long jump at the IAAF Challenge meet in Ratingen.

for Tennessee. Addy has dual citizenship and is competing for Liberia, birthplace of his parents. He's expected to make a lot of noise in the initial two events of the 2nd day, then attempt to hang on hoping for an 8000 score. At the break Chris Helwick, Addy's Volunteer teammate, stood 16th with 3793 points.

Results below.

Decathlon Meet at Akron

Akron coach Dennis Mitchell announced that he'll host a quality summer decathlon at University of Akron, Akron, OH on July 23/24. For more information contact:

Coach Dennis Mitchell at : 330-972-7964
Or email: dwmitch@uakron.edu.





Young German decathletes Mattias Prey (left) and Rico Freimuth (right) are in the hunt for IAAF WC tickets. They currently stand 9th and 2nd at the break.

DAY ONE RESULTS:

7/16-17 IAAF CE Challenge, Ratingen, GER

4409	Bouradda, Larbi/ALG	10.61+3.4 794+2.7 1282 206 48.19
4228	Freimuth, Rico/GER	10.50+3.4 742+2.2 1444 188 48.46
4192	Coertzen, Willem/RSA	10.97+3.4 764+2.6 1352 203 49.78
4179	Behrenbruch, Pascal/GER	10.86+3.4 721+1.9 1602 194 49.83
4165	Addy, Jangy/LIB	10.60+3.4 720+1.3 1461 191 48.99
4157	Chinin, Carlos/BRA	10.80+3.4 769+3.0 1317 191 48.86
4115	Marquis, Thorsten/GER	10.75+3.8 732+2.4 1475 188 49.51
4095	Hechler, Simon/Ger	10.68+3.4 777+3.2 1323 191 51.29
4077	Prey, Mattias/GER	11.10+3.8 752+2.8 1549 188 50.70
3954	Nicklaus, Andre/GER	11.19+3.8 712+1.2 1485 194 51.12
3833	Sysoyev, A /RUS	11.20+3.4 668+2.1 1572 194 52.72
17 th 3793	Helwick, Chris/USA	11.19+3.4 697+2.7 1369 191 51.76

Euro u 23 Champs



On the July 12-13 weekend Ostrava hosted the European under 23 champs, a meet that profuced good scores (3 over “8”) and some implications for next year’s US collegiate season. Belgium’s Thomas Van der Plaetsen (8157) held on to win by a scant 6 points over BelaRussian Eduard Mikhan. Texas signee Petter Olsen/SWE got a PR 7724 for 8th and UCLA soph Marcus Nilsson/SWE, still suffering the effects of an Achilles problem, was 15th with 7141.

7/12-13 European u23 Champs, Ostrava, CZE

8157	Van der Plaetsen, Thomas/BEL	11.29-1.9 768+1.3 1331 207 48.64 14.68-0.9 3773 510 6357 4:35.84
8152	Mikhan, Eduard/BLR	10.77+1.6 754+0.6 1398 195 48.02 14.80-0.5 4454 460 5710 4:23.67
8117	Dudas, Mihail/SRB	10.71+1.6 746+1.6 1318 198 47.47 15.13-0.5 4367 470 5858 4:27.79
7966	Helcelet, Adam/CZE, 7894 Shkurennev, Ilva/RUS, 7800 Kazmieriek, Kai/GER, 7735 Distelberger, Dominik/AUT, 7724 Olson, Petter/SWE-Texas ‘15 [10.99+1.6 709+0.6 1290 195 48.36 14.73-0.9 4054 460 5066 4:26.29], 7640 Nolf, Cedric/BEL, 7618 Gilde, Max/GER, 7577 Lukyanenko, Artem/RUS, 7508 Larusson, Einar/ISL, 7435 Auzeil, Bastien/FRA, 7368 Lelievre, Jeremy/FRA, 7256 Stefek, Michal/CZE, 7141 Nilsson, Marcus/SWE-UCLA [11.83-1.9 628+0.5 1329 183 51.55 15.62 0.0 4252 430 5907 4:20.64], 7128 Czapiewski, Szymon/POL, 22s,20f.	

