

# THE DECATHLON ASSOCIATION

## DECA Newsletter

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## CLAY WITH 2<sup>nd</sup> GOTZIS WIN Arnold PR Good for 4th



**Hello Again.....**The story of day two (Sunday, May 30) at the 35<sup>th</sup> Hypo-Bank meeting in Götzis, Austria was the weather. Good weather, but with some very light rain, prevailed on Saturday. Sunday was a different story. Olympic champion Brian Clay had begun day two 13 points behind Oleksiy Kasyanov/UKR and the second day battle appeared to be between the pair. Three withdrew overnight, Trey Hardee, Roman Sebrle and Daniel Almgren, all with minor ailments.

Clay held off a fine field on day two to post an 8483 victory but the score is not an indication of the quality of the effort. 26 year old Jake Arnold placed a surprising 4<sup>th</sup> with a PR 8253. Here's how it happened.



Tables behind Mösle Stadium tell the story at the beginning of day two.



Bryan Clay has seen better hurdle races than his 110m performance in Gotzis (14.08), but it was good enough to propel him to the lead in Götzis, a lead he would not relinquish.

**35<sup>th</sup> Hypo Bank Meeting**  
**Mösle Stadium**  
**Götzis, Austria**  
**May 29-30, 2010**



### **110m Hurdles:**[10:05 am]

It drizzled most of the morning but temps were in the high 60s. A smaller crowd, all with umbrellas, appeared on day 2 and the 29 athletes were grouped by ability into sections, slowest to fastest. Because of the drop-outs, a redraw was necessary. The first race was won by Nils Buker/GER over teammate Jan-Felix Knoebel, 15.14-15.17. There were slight headwinds for the early races.

Tall Austrian Roland Schwartzl won section #2 in 14.37 and Frenchman Romain

Barras section #3 in 14.39 as the sky lightened. Jake Arnold pulled a mild upset as he raced away from a trio of Olympic medalists in the 4<sup>th</sup> race. On top of his game, Arnold reacted quickly (0.126 seconds) then ran a smooth and controlled race. While the PA announcer focused on everyone else he ran away from this good field and, never challenged, tied his PR of 14.12 seconds. The performance moved him to 13<sup>th</sup> overall and with top 2<sup>nd</sup> day skills, the MultiStars winner was cookin'. Kasyanov was 5<sup>th</sup> in 14.38, just off his PR.

The sun briefly reappeared and conditions were fine for the final section. After a Pascal Behrenbruch false start (**recall that the new IAAF rules now applies and the first false start is charged to everyone!**) The rules went into effect at the beginning of the new outdoor season. Regardless, Bryan Clay, in lane 3, was out like a rocket (fastest legal reaction time of the meet at 0.103 seconds where 0.100 is the limit). He banged the first 2 barriers hard, then straightened and was running a terrific race, well in front when he slowed significantly at the 8<sup>th</sup> hurdles and, by the finish both Yordani Garcia/CUB and Estonian Andres Raja snuck by, 14.02, 14.05, 14.08. It was a major disappointment for

**Bryan Clay and Jake Arnold  
110m Hurdle splits:**

|                        | Arnold           |              | Clay             |              |
|------------------------|------------------|--------------|------------------|--------------|
|                        | <i>Touchdown</i> | <i>split</i> | <i>Touchdown</i> | <i>split</i> |
| 1 <sup>st</sup> hurdle | 2.47             | 2.47         | 2.15             | 2.15         |
| 2 <sup>nd</sup>        | 3.55             | 1.08         | 3.06             | 1.04         |
| 3 <sup>rd</sup>        | 4.64             | 1.09         | 4.19             | 1.13         |
| 4 <sup>th</sup>        | 5.74             | 1.10         | 5.24             | 1.05         |
| 5 <sup>th</sup>        | 6.82             | 1.08         | 6.36             | 1.12         |
| 6 <sup>th</sup>        | 7.87             | 1.05         | 7.45             | 1.09         |
| 7 <sup>th</sup>        | 9.00             | 1.13         | 8.49             | 1.04         |
| 8 <sup>th</sup>        | 10.06            | 1.06         | 9.59             | 1.10         |
| 9 <sup>th</sup>        | 11.10            | 1.04         | 10.72            | 1.13         |
| 10 <sup>th</sup>       | 12.12            | 1.02         | 11.86            | 1.14         |
| Final time             | 14.12            | 2.00         | 14.08            | 2.22         |

Touchdowns (lead foot hitting ground after each hurdle) and subsequent splits were hand timed by the author from the Tribune. Final time is auto and official.

Bryan since he had recently run a PR 13.64 at a small meet at Occidental College. Given a comparison of where he was vs Jake Arnoild's tiem, a 13.60ish clocking was in the making. Yet his clocking pushed him back into the overall lead.

*After Six: Clay 5414, Kasy 5389, Garc 5335.....Arno 13<sup>th</sup> 5066.*

**Discus:** [11:00 am]

Group A competed inside the stadium, while Group B headed to the area west of the stadium. Darker clouds rolled in and, when the event began at 11:04 am there was a constant drizzle. Temps @60. In round #1 Arnold punched a 44.72m/146-7 but many throws slipped out of right hands and if they did not get dumped into the cage the flew outside the right sector line. Karpov's 1<sup>st</sup> toss may have set a record for a right-handed thrower since it landed 30 meters to the right of the sector. Throwing last, Clay grooved a toss down the middle which nudged the 50m



Clouds and rain moved in and out of the Voralberg Valley on Day Two of the Hypo-Bank Meeting in Götzis.

line and was measured just shy at 49.85m /163-6. It proved to be a winner since, by the final round the rain was heavy and officials had a hard time keeping the water out of the circle. It was raining in faster than it could be broomed out.

In round #2 Arnold improved to 46.51m/152-7, a very decent effort under the conditions, and by the end of the round (Clay had fouled) all 19 throwers had a matrk in the books but Aleksiy Drozdov/RUS who foot-fouled twice on his reverse in the circle. In the final round, it rained hard and many efforts

were simply recorded as deliberate “fouls” eschewing a measurement for an inferior mark. The rain came down during Drozdov’s last effort and he both slipped in the circle and dumped his throw outside the right sector (a double foul) and received no mark. It proved costly to the 8475 Russian performer.

Arnold did not improve and Clay’s last effort was also down (and outside) the right sector. In fact 19 of the 57 efforts (1/3<sup>rd</sup>) were fouls. But Bryan had improved his lead to 106 points. Soon after the completion of the event (12:02 pm) the rain stopped.

*After Seven: Clay 6281, Kasy 6175, Garc 6027, Bert 6017, .....Arno 12th 5864.*

**Pole Vault:** [12:45 pm]

The pole vault was an enigma. It rained. It stopped. It rain again, sometimes hard. When competition opened the rain came hard. The first casualty was Massimo Bertocchi who was injured (two ligaments in ankle) slipping while warming up. But there was nothing warm about this event. After two hours of intermittent rain and clearing the bar in Group A had gone to 4.90m/16-¾ and only 6 remained. Bryan Clay needed 3 attempts to clear his opener, 4.50m/14-9, and two to get over 4.60m/15-1. He never did manage 4.70m/15-5. Yet Bryan was one of the fortunate ones.

Other no heights.....Kasyanov and Garcia who stood 2<sup>nd</sup> and 3<sup>rd</sup> at this point, Add to the list Maurice Smith/JAM, Jan-Felix Knoebel /GER and Larbi Bouradda, the 21 year old Algerian who was well on his way to a new African record. In all 6 nh’d.

The group of four remaining at 5.10m /16-8¾ included Jake Arnold who, in spite of having recently competed at MultiStars and in spite of the conditions, went after each bar. It was 3:10 pm when he scraped over 5.10m/16-8¾, and ultimately only four advanced to 5.20m/17-¾. When nobody cleared this heath the event was over and Jake had an event win (on fewer misses). And the effort moved him

into 2<sup>nd</sup> place, after being 21<sup>st</sup> at the beginning of the day.

*After Eight: Clay 7051, Arno 6805, Barr 6799, Karp 7722.*

**Götzis Prize Money**

|                                       |                      |
|---------------------------------------|----------------------|
| 1 <sup>st</sup> place                 | E 15,000 (@\$18.750) |
| 2 <sup>nd</sup>                       | E 11,000             |
| 3 <sup>rd</sup>                       | E 7,500              |
| 4 <sup>th</sup>                       | E 6,000              |
| 5 <sup>th</sup>                       | E 4,500              |
| 6 <sup>th</sup>                       | E 3,500              |
| 7 <sup>th</sup>                       | E 3,000              |
| 8 <sup>th</sup>                       | E 2,500              |
| 9 <sup>th</sup>                       | E 2,000              |
| 10 <sup>th</sup>                      | E 1,500              |
| World Record:                         | E 50,000             |
| European Record                       | E 20,000             |
| Meet record                           | E 5,000              |
| Single event meet record              | E 500                |
| 1 <sup>st</sup> place in single event | 1 gold coin          |
| Rookie Award                          | E 500                |
| <b>HYPO CASH</b>                      |                      |
| (best result in a single event)       | E 1,000              |



**Bonus**

- 8000 pts E 500
- 8200 E 1,000
- 8400 E 2,000
- 8600 E 3,000
- 8800 E 5,000
- 8900 E 7,500

*At the current time the exchange rate between the \$ and Euro (E) is \$1.25 per E. The value of the Euro (and thus the value of the prize money when converted) has lost @18 % in the past 6 months.*

**Javelin:** [4:15 & ]

Although the weather kept the ctods down at least 1200 remained for the javelin and 1500m. At this poiny only 21 men were standing and this would be a simple battle of survival. Amid continuing rain Ingmar Vos/ NED won the first of two groups here with a 3<sup>rd</sup> round toss of 62.74m/205-9. The skies opened as the group completed their tasks and warm-up for the second group was delayed 25 minutes later, when ther skies cleared somewhat there was drama. Knoebel, in spite of a vauly nh, pasted his first toss and it proved to be an event winner, 66.51m/218-2

and Bryan Clay immediately responded with a 66.19m/217-2. The crowd of 1600 stayed and all eyes were on Leonel Suarez/CUB whose 77.47m/254-2 outranked the entire field. Yet he managed just 65.38m/214-6. Few improved after round #1 except Jake Arnold who progressed from 55.25m/181-3 to 58.25m/191-1 to a falling PR 62.28m/204-4 to remain in 2<sup>nd</sup> overall, holding an 18 point lead over Romain Barras and 52 over Suarez. *After Nine: Clay 7902, Arno 7577, Barr 7559 and Suarez 7525.*

**1500 meters:** [ 6:05 pm and ]

A rainbow framed the south mountains 20 minutes before the 1500,

The first race was paced by Nadir El Fassi/FRA (1:56 and 3:10 at 2 laps and 1 lap remaining.). He held a 40 meter lead at the bell and Rookie Dom Distelberger could not catch him.

In the feature event Bryan went to the back immediately as Barras led with 3 remaining. Suarez took over, before the 400m which he passed in 70.3. He opened a significant gap in the next two laps as Arnold headed a peloton which chased Barras.

On the final lap Suarez tied up and Barras stayed closed enough for 2<sup>nd</sup> overall. Suarez was 3<sup>rd</sup> and Arnold, who crossed the finish in 4:40.54 had an 8253 PR and 4<sup>th</sup>, a significant accomplishment. Clay ran with Dimitry Karpov for most of the final lap and they raced to the finish with Bryan getting the nod in a 4:56.37. He had his 2<sup>nd</sup> win in Gotzis and, never mind the scores....posting an 8483 score was terrific under the conditions. Not bad for the American team of 3 (Trey Hardee dropped out after the first day to be safe) and the Yanks walked away with the gold medal and a PR 4<sup>th</sup>. We'll take it. 25 minutes after the race the sun reappeared !

*After Ten: Clay 8483, Barr 8297, Suarez 8286, Arno 8253.*

**Notes:**

After the meet Bryan Clay recounted the lost points (a favorite deca pastime) during his 2<sup>nd</sup> day....hurdles, disc, vault...which were confiscated by the weather. "I really smashed the 8<sup>th</sup> hurdle and almost had to stop," he commented, "and then the vault....., yea, the vault.)oh well. It was so wet....you got drenched when you landed in the pit, like taking a bath. Just looking at the final scores give you know idea of how hard it was to compete out there. This was a difficult meet and I'm happy to come thru it healthy. I'll rest for a few days and then go to Kladno (16 day break)."

**Bryan Clay is a survivor, winning in wet condition on day two. His 8483 is intrinsically worth much more even though he becomes the world leader.**



In fact, Clay is, in horse racing terms, a "mudder," an athlete who can compete in any conditions. The scores may not show it but the quality of effort is there. This was his 4<sup>th</sup> meet in Gotzis and his 2<sup>nd</sup> victory. What was the score worth in good conditions ? One can only speculate. Perhaps 8650-8750, in that range.

Jake Arnold confirmed, by saying after the victory ceremony "I have to be happy. Consider I PR'd in *these* conditions. I've got to be pleased. And I got 4<sup>th</sup>."

**How difficult was it to compete this year in Götzis? Consider:**

- The list of those who did not finish reads like a decathlon who's who: an Olympic champ, the current world champ, a world champ medalist, and ten 8000+ athletes.
- Nearly 40 % of the world's best decathlon field for 2010 did not get to the finish line. 20% is normal.

- Six vault no-heighted and four others needed three attempts to clear their first bar.
- Those in places 2-3-4-5 after the discus no-heighted in the vault. These were experienced vets who just could not get a mark.
- The percentage of failed vault attempts was an ungodly high 70% (122 of 176)
- 1/3<sup>rd</sup> of all discus attempts and 1/4<sup>th</sup> of all javelin trys resulted in fouls or no marks.

In fact weather conditions in Gotzis are normally optimal, as they were on day one. The bad weather today was unusual but Bryan and Jake never stopped competing. Just think, 34 started but only 21 could finish. This was one tough meet. I'll take 1-4 anyway.



## RESULTS:

### 5/29-30 35<sup>th</sup> Hypo Bank Meeting, Mosle Stadium, Götzis,

#### AUT

8483 Clay, Bryan/USA-Nike 10.35+0.2 751+0.4  
 1538 206 49.66 14.08+0.1 4985 460 6619 4:56.37  
 8297 Barras, Romain/FRA 11.02+0.8 713+0.8  
 1619 200 48.59 14.39-0.8 4253 500 6148 4:31.07  
 8286 Suarez, Leonel/CUB 10.96+1.3 735+1.2  
 1444 206 48.47 14.30+0.3 4379 450 6538 4:27.56  
 8253 Arnold, Jake/USA-asics 11.04+0.8 696+1.8  
 1517 200 49.29 14.12+0.3 4651 510 6228 4:40.74  
 8159 Sintnicolass, Elco/NED 10.79+0.4 740+0.9  
 1307 197 48.10 14.40-0.3 3970 500 6030 4:28.41  
 8112 Krauchanka, Andrie/BLR 11.14+1.3 753+1.3  
 1444 203 49.42 14.20+0.3 4351 460 6018 4:37.57  
 8084 Pahapill, Mikk/EST 11.05-0.6 747-0.1  
 1510 200 50.65 14.35+0.3 4363 450 6260 4:34.95  
 8069 Behrenbruch, Pascal/GER 11.09+1.3 727+2.9  
 1606 197 51.58 14.29+0.1 4843 460 6390 4:50.81  
 8032 Schwartzl, Roland/AUT 11.23 0.0 761+1.0  
 1454 194 50.24 14.37-0.3 4495 510 5196 4:39.40  
 8029 Raja, Andres /EST 10.83+0.4 745+0.6  
 1476 203 50.02 14.05+0.1 4160 440 5705 4:37.28  
 7966 Dudas, Mihail/SRB 10.81 0.0 763+1.5  
 1308 200 48.73 15.37-0.3 4237 450 5688 4:37.28  
 7935 Newdick, Brent/NZL 10.86+0.8 739+1.7  
 1359 194 49.77 14.66-0.8 4253 460 5703 4:29.54  
 7928 Van Alpen, Hans/BEL 11.12 0.0 724+0.9  
 1504 194 50.18 15.08-0.8 4530 440 6160 4:26.51  
 7894 Karpov, Dmitry/KAZ 10.97+1.3 706+0.6  
 1623 203 51.00 14.94+0.3 4930 480 5021 4:56.47  
 7866 Vos, Ingmar/NED 10.75+1.3 723-1.1  
 1412 200 50.67 14.68-0.3 4106 430 6274 4:36.72  
 7604 Disterberger, Dom/AUT 10.63+0.4 750+1.6  
 1162 188 47.25 14.45-0.8 3143 440 5439 4:36.16

7526 Walter, Simon/SUI 11.15-0.6 718+1.7  
 1355 200 49.57 15.55+0.5 4303 480 5024 5:01.35  
 7479 Garcia, Yordani/CUB 10.61+0.2 695+1.9  
 1548 203 48.98 14.02+0.1 4620 nh 6332 4:42.68  
 7477 Büker, Nils/GER 10.81+0.4 738+1.6  
 1320 200 49.48 15.14+0.5 3935 400 5040 4:48.80  
 7262 El-Fassi, Nadirr/FRA 11.33+1.3 721+0.5  
 1221 191 50.93 15.33-0.3 3493 440 5000 4:21.29  
 7224 Olson, Petter/SWE 11.35-0.6 697+0.9  
 1291 200 50.11 15.40+0.5 3688 440 4390 4:33.06  
 dnf Knoebel, Jan-Felix/GER 11.15 0.0 732+2.5  
 1521 191 48.91 15.17+0.5 4460 nh 6651 withdrew  
 dnf Szabo, Attila/HUN 11.18-0.6 706+1.7  
 1362 188 50.66 15.63+0.5 4232 390 nm  
 dnf Kasyanov, Oleksiy/UKR 10.63+0.2 797-0.6  
 1501 197 48.21 14.38+0.3 4595 nh withdrew  
 dnf Bouraada, Larbi/ALG 10.67+0.4 754+1.3  
 1234 203 47.27 14.83-0.8 3818 nh withdrew  
 dnf Smith, Maurice/JAM 10.81+0.2 715+1.8  
 1686 191 48.49 14.29+0.1 4735 nh withdrew  
 dnf Kharmalov, Vasiliy/RUS 11.28 0.0 735-0.2  
 1411 197 50.53 15.40-0.3 4698 nh withdrew  
 dnf Bertocchi, Massimo/CAN 10.79+0.4 737+1.1  
 1554 200 48.60 14.74+0/1 4753 inj withdrew  
 dnf Drozdov, Aleksey/RUS 11.16+0.8 723-0.2  
 1594 206 51.60 15.49+0.5 nm  
 dnf Hardee, Trey/USA-Nike 10.39+0.2 762-0.9  
 1346 197 48.88 withdrew  
 dnf Sebrle, Roman/CZE 11.08+0.8 765+0.9  
 1488 203 50.38 withdrew  
 dnf Almgren, Daniel/SWE 11.08+0.8 726+2.3  
 1310 194 49.44 withdrew  
 dnf Zsivoczky, Attila/HUN 11.66 0.0 661+0.8  
 1471 191 withdrew  
 dnf Diaz, Yunior/CUB dnf withdrew  
 33s

