

# THE DECATHLON ASSOCIATION

## DECA Newsletter

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## 9045....WORLD RECORD !

### Enough Said !

#### Hello Again.....

Well, we knew it might be close...not the places, but the chance for a new decathlon world record. Ashton Eaton was in fine running shape and promised to give the record (his own '12 9039 score) a try if he was anywhere close after nine events. An boy, did he....running coolly and under control he trailed early leaders Michael Schrader/GER and Larbi Bouraadi/ALG with splits of 70, 2:22, and 3:22, during the final event. And a frantic final 300 meters in 45 seconds (final time 4:17.52) put his name in the recordbooks again...an awesome 9045 total. Congrats to Ash and the entire Team Eaton, especially coach Harry Marra.....a second WR. Wow.

Here's Day Two.



#### IAAF World Championships Beijing, China August 28-29, 2015

#### 100m Hurdles: [9:00 - 9:24 am]

Eelco Sintinocolaas/NED withdrew overnight. The stadium is 80% full by 9 am. As luck would have it (or perhaps luck has nothing to do with it!) 4 (!) NCAA champs or runner-ups were grouped into the first of four hurdle sections. Pau Tonneson/Arizona-ESP, Maicel Uibo/ Georgia-EST, Kurt Felix/Boise St-GRN and Zach Ziemek/Wisconsin-USA drew lanes 3-4-6-7. Felix, fashioning a fine score, ran strongly for the win in a PR 14.58 seconds. Uibo 15.01, Tonneson 15.12 and ZZ 15.29 followed in 2nd, 4th and 5th. Wind -0.2mps.



27 year old Ashton Eaton of Bend, ORE and representing Nike/OregonElite TC, a 6-1, 185 dynamo, raised his own decathlon world record at the 15th IAAF World Athletics Championships in Beijing today, scoring 9045 points,

The second race went to Labri Bouraada/ALG in 14.26 with Jeremy Taiwo, bugged by knee soreness, settling for 4th in 14.81. Wind - 1.0mps.

Four were charged with a false start in the 3rd section including Kai Kazmirek/GER. He would place 4th (14.39) to winner Oleksiy Kasyanov/UKR's 13.96. No wind.

The 4th race was the feature with Canadian Damian Warner, the new event record holder (13. at Commonwealth) in lane 4 and Ashton Eaton in lane 6. Warner got the nod in a fine 13.63, 6/100ths up on Ashton who was now 24 downon WR pace. Cuba's

tall Yordani Garcia stumbled and fell midway thru the race. He would withdraw leaving 24 athletes who moved to the discus.



The start (left) and the finish (right) of Eaton's 13.69 hurdle race.

The summary of the 4th race: Wind - 0.2mps.

Place	name	nation	lane	reaction	time	points
1.	Damian Warner	CAN	4	0.139	13.63	1023
2.	Ashton Eaton	USA	6	0.178	13.69	1015
3.	Rico Freimuth	GER	8	0.178	13.91	986
4.	Michael Schrader	GER	7	0.153	14.19	950
5.	Ilya Shkurennev	RUS	9	0.185	14.27	940
6.	Filipe dos Santos	BRA	5	0.191	14.64	894
-	Yordani Garcia	CUB	3	0.134	dnf	---

After Six: Eato 5718, Warn 5553, Frei 5392, Kazm 5326....6th Schr 5305.....9th Felix 5239.....12th Taiw 5117.....15th ZZ 5020..... 18th Uibo 4984....21st Tonn 4859.



Fast improving Damian Warner, 25, London Ontario, claimed a hurdle win (13.63) here in Beijing.

**Discus:** [10:05 / 11:20 am]

The top throwers, based on seasonal bests, were grouped in the first section. During the event rounds of all four relays

were held. At this point a trio of Germans, Freimuth, Schrader and Kazmirek appeared to be bronze medal contenders. As the event started the air temp was 81°F, overcast with a chance of showers.

Kasyanov led off Group A with a 29.12m/95-6 flub. Tonnesen lofted a nice 45.12m/148-0 toss and ZZ followed at 44.17m/144-11. Warner opened with a solid 44.74m/146-9.

Throwing near the bottom of the order, Ashton's first plate covered 41.81m/137-2 of Beijing real estate. Freimuth led after the first round at 50.02m/164-1 with Felix's PR 45.76m/150-1 standing 2nd.

There were numerous improvements in round #2. Warner spun 44.99m/147-7 and Eaton 43.34m/142-2 to move within 13 points of WR pace.



Eaton's 3 plate series:  
**41.81m/137-2**  
**43.34m/142-2**  
**42.91m/140-9**



In the final round neither Warner nor Eaton improved but Freimuth did, at 50.17m/164-7 and he was now looking more like a medalist. Ashton's lead was now 131 points with 3 strong events remaining.

In Group B only Kazmirek was a medal contender but his chances evaporated with a 40.08/131-6 plate. Taiwo spun 41.01m/134-6

After Seven: Eato 6451, Warn 6320, Frei 6266, Kasy 6101....5th Schr 6063....7th Feli 6025, 8th Kazm 5992, 13th Taiw 5802....15th ZZ 5770, 17th Uibo 5724, 18th Tonn 5632.

**Pole Vault:** [1:15 – 3:18 pm]

Taiwo, with knee problems, withdrew, leaving just two Americans. Both Eaton and

ZZ nailed 5.20m/17-¾ as thin Thomas Van Der Paetsen/BEL won Group A at a bar higher. Like a Phoenix Kazmirek reappeared as a medal contender managing a PR 5.20m/17-¾. Interestingly the consistent 24 year old Russian Ilya Shkurenev put himself into the medal picture with the same bar. 13 ahead of Kazmirek. Schrader's lone clearance at 4.60m/15-1 left him out of the medal picture.

In Group B Freimuth's pair of misses at his opener gave German coaches palpitations. But he went on to get a season best of 4.80m/15-9 as did Warner, another PR(!), whose projected total was looking like 8700+ The summaries of the notables:

#### Group A

Progression:	...	best	440	450	460	470	480	490	500	510	520	530
Eaton	5.20m					xo	p	xo	p	xo	xo	xxx
Kazmirek	5.20m							o	p	o	xo	o xxx
ZZ	5.20m									o	xo	o xxx
Shkurenev	5.20m							o	p	o	o	o xxx
Uibo	5.10m							xo	p	xxo	o	xxo xxx
Tonnesen	4.80m							xo	p	xxx		
Schrader	4.60m									o	p	xxx

#### Group B

Progression:	best	430	440	450	460	470	480	490	500	510
Freimuth	4.80m					xxo	o	o	xxx	
Warner	4.80m					o	o	xo	xo	xxx
Felix	4.50m	o				p	xo	xxx		

Eaton's lead grew to 292 points over Warner with Freimuth holding down 3rd, 108 and 121up on Shkurenev with Kaz. Ashton's 8 event total was 45 down on WR pace but a meet record appeared secure.

*After Eight: Eato 7423, Warn 7169, Frei 7115, Shku 7007, Kazm 6994, ....8th Schr 6853....9th Feli 6785., , ....11th ZZ 6742....., 16th Uibo 6665...17th Tonn 6481.*

**Javelin:** [5:00 / 6:20 -6:53 pm]

Sections arranged according to the time each athlete completed the vault. Filipe Dos Santos/BRA withdrew.

In Group A Estonians went 102 with Janek Oiglane's 68.51m/224-9 an eye-opener. Uibo topped Felix by 10cm at 63.51m/208-4. Schrader managed 62.09m/203-8. Paul Tonnesen got a PR here at 60.42m/198-2.

In the battle for the bronze, noting each meter was worth @ 15 points, one kept an eye on: (with PRs)

Freimuth 65.04m---Shkurenev 63.58m---  
Kazmirek 64.45m----

Kazmirek opened Group B at 62.55m/205-2 and Freimuth only 57.59m/188-11 and moved withing 47 points of 3rd. But the story here was Eaton, still smarting from a sub-par vault (he recently went 5.40m/17-8 ½ in a Canadian win). Throwing near the bottom of the order, Ash speared a mighty 63.63m/208-9 seasonal best and the world rcord was back in play. Wow!



A 208-9 spear by Eaton put the world record back in play.

ZZ improved in round #2 with a 56.50m/185-4 effort while Freimuth improved only marginally. Ashton fouled on his 2nd effort, unable to stop himself at the restraining line but Warner improved to a SB 63.50m/208-4 and locked up the silver medal. Ash's final effort measured 62.82m/206-1. Algerian Larbi Bouraada won the group at 63.82m/209-5. Freimuth's 60.61m/198-10 3rd round toss put him in the bronze medal driver's seat. His lead ober Shkurenev was 102 points--@ 17 seconds in 1500m....a lot of distance.

Everyone scurried to the scoring tables.... a time of 4:18.25 would be necessary for the WR by Eaton...a major challenge, especially in a field where only one (Bouraada 4:12) had ever run that fast. Ashton might have to go it alone.

*After Nine: Eato 8216, Warn 7960, Frei 7862, Shku 7760, Kazm 7740, ....7th Schr 7622....8th Feli 7574, 11th Uibo 7471,....12th ZZ 7427, 16th Tonn 7225.*

**1500 Meters:** [8:10 and 8:20 pm]

I talked with coach Harry Marra minutes before the race. "Ashton's warm-up

was good and the plan is to run 70s and then race it in." Marra noted that Bouraada was a strong 1500m runner, "but Ash's knows his own pace and will go it alone."

There were two sections (something I disapprove off) of 11 each. A single race



Ashton Eaton takes a moment at the 1500m finish line to reflect on his new PR...9045. He now owns two of history's three 9k scores.

would have produced better results, but.....

In section #1 ZZ needed a 4:57+ clocking for an 8k score. Japan's Akihiro led from the gun is 65.7, 2:14.0 and 3:24 winning in 4:16.32, just the sort of running partnet Ash needed. O well. ZZ just got under the wire with a 4:56.66, just off a PR and totaled 8006.

In Eaton's 2012 world record attempt he had 22,000 of his closest Hayward friends supporting the try. Here at the Bird's Nest it seemed that all 80,000 were clued into the record try and they were no less vocal and helpful than the Hayward faithful. Michael Schrade led at 400m with at 69.3 and Bouraada took over passing 800m in 2:21.5 and 1200m in 3:31.6 with Ash closing...and closing. And closing... giving it every ounce of energy. It'll be close....oh so close..... Bouraada ran strongly in the stretch (can you say Detmer and Beach?) pulling Ash with him...Bouraada 4:16.61 and Eaton...YES, 4:17.52 and a new world record 9045!. YES.

Ash immediately went to the crowd looking for wife Brianne who was runner-up in the hept 6 days ago.

Warner (4:31.51) cruised to the silver medal and Freimuth just did hang onto the bronze staying within 12 seconds of Shkurenev (he needed 16!) 4:24.98 PR- 4:37.05. Final medal tallies: 9045WR, 8695NR, 8561 PR.

Unseen and pair of former NCAA champs put up fine scores. Uibo clocked a nice 4:25.53 (for 8245) and Felix 4:32.57. The latter posted a national record 8302.

*After Ten: Eato 9045WR, Warn 8695 NR, Frei 8561 PR, Shku 8538 PR, Bour 8461 AfR, ...8th Feli 8302 ....10th Uibo 8245.....15th ZZ 8006.....18th Tonn 7606..*

### Some catchups from Day One:

From Harry Marra, coach of Ashton Eaton...

#### Splits for Eaton's record 400 meters:

200m: 21.08  
300m: 33.25  
400m: 45.00  
2nd 200m: 23.92  
Last 100m: 11.75

#### Eaton First Day Quotes:

"I thought the clock was off by a second, I swear," a Eaton said moments after the race. "They should go back and check it."

"I did 400 hurdles last year and I ran some 400s against fast guys this year. The only difference is they start moving with 200 meters to go, and I thought, 'Wow, that's really tough, but it works.' I PB'd a couple of weeks before I got here in 45.5 and did that technique. And so Harry (Marra) and I have been talking, and he said we just have to trust that (I) will run fast. . . . no way in hell did I think I was running that fast.

"Long story short is you know me, I just go and don't hold too much back. So I did that and it turned into something completely unbelievable."

### RESULTS:

**8/28-29 IAAF World Champs, Beijing, CHN**

<b>9045</b>	Eaton, Ashton/USA-Nike/Ore eTC	10.23-0.4
788 0.0	1452 201 45.00 13.69-0.2 4334 520 6363 4:17.52	
	WR	
8695	Warner, Damian/CAN	10.31-0.4
765+0.2	1444 204 47.30 13.63-0.2 4499 480 6350 4:31.51	
	NR	



8561 Freimuth, Rico/GER 10.51-0.4  
751+0.5 1550 195 47.82 13.91-0.2 5017 480 6061 4:37.05  
8538 Shkurenev, Ilya/RUS 11.01-0.7  
750+0.5 1409 210 47.88 14.27-0.2 4453 520 6099 4:24.98  
8461 Bourrada, Larbi/ALG 10.83-0.2  
751+0.6 1373 207 47.60 14.26-1.0 4153 480 6382 4:16.61  
NR  
8448 Kazmirek, Kai/GER 10.90-0.2  
740+0.2 1427 210 46.83 14.39 0.0 4008 520 6255 4:35.61  
8418 Schrader, Michael/GER 10.78-0.4  
771+0.1 1432 195 47.12 14.19-0.2 4458 460 6209 4:22.30  
8302 Felix, Kurt/GRN-ex Boise St 11.02-0.7  
766+1.4 1502 210 49.89 14.58-0.2 4576 450 6341 4:32.57  
NR  
8262 Kasyanov, Oleksiy/UKR 10.73-0.2  
758-0.1 1425 201 48.13 13.96 0.0 4584 480 4935 4:31.80  
8234 Helcelet, Adam S/CZE 11.09-0.5  
729+0.6 1530 204 49.66 14.20 0.0 4290 490 6307 4:37.65  
8245 Uibo, Maicel/EST-Georgia'16 11.25-0.5  
713+0.1 1445 213 50.24 15.01-0.2 4369 510 6451 4:25.53  
8114 Braun, Pieter/NED 11.11-0.7  
729+0.2 1390 204 48.24 14.37 0.0 4209 490 5695 4:32.46  
8093 Auziel, Bastien/FRA 11.22-0.7  
726+0.8 1538 201 48.66 14.71-1.0 4263 510 5514 4:37.92  
8035 Van Der Plaetsen/Thomas/BEL 11.44-0.5  
742+1.2 1383 213 50.28 14.76-1.0 4301 530 5523 4:47.38  
8006 Ziemek, Zach/USA-Wisconsin'16 10.81-0.4  
757+0.3 1338 204 49.89 15.29-0.2 4419 520 5650 4:56.66  
7745 Nakamura, Akihoko/JPN 10.86-0.4  
726+0.5 1167 195 47.81 14.72 0.0 3348 470 5357 4:16.36  
7705 Wiesiolek, Pawel/POL 11.07-0.7  
708+0.4 1350 198 48.55 14.81-1.0 4155 450 5408 4:39.31  
7606 Tonnesen, Pau/ESP-Arizona'16 11.26-0.5  
721+0.3 1374 204 50.24 15.12-0.2 4528 480 6042 5:33.73  
7581 Oiglane, Janek/EST 11.51-0.5  
678 0.0 1473 192 50.95 15.33-1.0 4094 460 6851 4:43.06  
7532 Ushiro, Keisuke/JPN 11.51-0.5  
673+0.9 1473 189 50.85 15.43-0.2 4685 470 5652 4:43.51  
6856 Urena, Jorge/ESP 10.99-0.7  
730+1.0 1274 201 49.17 14.41 0.0 3520 nh 5317 4:42.21  
6678 Pittomils, Niels/BEL 11.39-0.5  
686+0.4 1277 192 49.45 15.09-0.2 3990 nh 5296 4:27.40  
dnf Dos Santos, Felipe/BRA 10.53-0.4  
654+0.6 1361 201 47.89 14.64-0.2 3666 480 withdrew  
dnf Taiwo, Jeremy/USA-OTC 11.06-0.2  
715+0.3 1418 210 47.94 14.81-1.0 4101 withdrew  
dnf Sintnicolaas, Eelco/NED 10.62-0.2  
750+0.4 1465 192 47.93 withdrew  
dnf Garcia, Yordani/CUB 10.77-0.2  
682+0.5 1454 204 48.67 dnf  
dnf Coertzen, Willem/RSA 10.98-0.7  
725+0.3 1375 195 withdrew  
dnf Hardee, Trey/USA-Nike 10.56-0.4  
730+0.1 1020 withdrew  
dnf De Araujo, Luiz A/BRA 10.92-0.2  
694+0.4 1484 withdrew  
29s,22f,