

GOTZIS 2011
Personal report by Brent Newdick

GOTZIS NEW PB 8114points...update 4

Well we have already arrived in Praha, Czech Republic. 5-6 hour drive yesterday from gotzis in Austria through Germany to Prague...the weather except for last Friday has been pretty much near perfect 25+ and not a cloud in the sky!

Gotzis...

we arrived Tuesday afternoon, had a light run and just relaxed. Wednesday we had our last day of prep before the weekend comp, Everything felt good and i knew i was ready to compete well that day. we had a few long jump run ups and a quick shot session which both went great...for the to days just relaxed ready for the weekend! Usually i would do a warm up the day before but the weather was crap so we flagged that to stay dry!!! ended back at the hotel and jumped in the sauna clothes on... for a few Min's and did a few stretches that was the warm up done!

Day 1

Perfect weather, slight overcast and about 18 degrees for the 100m i was in the 3 heat in lane 3 was a good race, I got away to another good start and managed to keep my lead all the way clocking 10.95s with a slight wind of 0.6.

Long jump i just knew was going to be good! like the warm up 2 days before was relaxed and bouncy and first jump produced a foul by just a few mm, (7.60ish) adjusted run up back a full foot for the second barley hitting the board and recording 7.19, which left me with nothing to lose and in the 3rd hit the board and finished with a new Long Jump PB of 7.45m and set me up for a good decathlon

Shot Put. warm up went well more consistent every time, regularly over 14m with not much effort....round 1 was a tense throw 13.64m safe but nothing like training...2nd exactly the same. but just went for it the 3rd round and didn't really connect properly but happy with another 14m throw ending up with 14.17m



High jump, this was the event that was a bit pain full in Italy so we didn't do much between comps to save the knee...turns out there was no pain at all and started jumping pretty well...opened at 1.85 missed 1st attemp but then smashed the 2nd height and was away,passed 1.88m and got 1.91 and 1.94 with no problems....couldn't quite manage 1.97 heaps of height just clipping the bar each time on the way down.



400m as a few athletes pulled out with injury's lanes were re shuffled was now in the outside lane 6....off we went i had the Canadian Jamie inside me and he took off like a rocket passing me after 100m but gave me something to pace off so worked out well. was a even paced run and came home well cutting the gap from about 6m to just over 1 from the fast starting Canadian with a time of 49.61

and a new Day 1 PB 4115....75points up on my pb score of 8091

pretty much only had time for some quick recovery and food then off to bed ready for day2

110mhurdles....woke up felling pretty good, no stiffer than normal after a day 1 and got in to a good warm up....the race was a little heavy feeling got away with the faster guys at the start and then just a few sloppy hurdles in the middle but overall an OK race with a headwind of (-0.9) time was 14.76.



Discus was a solid event again warm up was smooth got sum easy throws out over 45 and just saved the rest for the comp!!! round 1 46.61m 2nd 44m and finished with a slight improvement of 46.65m and moved into 9th overall!!!



Pole Vault: what can i say...its an event where you can pick up heaps of points or you stuff it up and it goes wrong and you get nothing, I had a great warm up clearing 4.70 easily had 3 or 4 jumps all solid and run up was smooth...then after a 30mins waiting first attempt miss at 4.46....and the same for the second....2 misses but this is what we train for, so got fired up and sorted out the jump! cleared easily and again with 4.56. next was 4.66 and got that first attempt...by now legs were getting tired and didn't quite have enough for 4.77m

Next was Javelin...not much warm up i knew what i had to do just get a good run up and hit the shit out of it!!!!!! and that's what i did....felt good and was out to my 2nd best throw all time 63.03m ...i didn't throw again as i compressed my plant heel just a bit and didn't want to risk any injuries so happy with the result though

last event 1500m

i needed 4.34.86 Min's for a new pb of 8100 plus so set out to run this pace which is fairly solid and bring it home with everything i had last 500m so i set outperfect pace easy 1.30m at 500m then my right leg started cramping in the hammy so was a little worried as if i had to stop would have got no score at all....so dropped off the pace alot really and went through the 1k mark in about 3.04mins then there was nothing to lose now and leg didn't cramp again so brought it home in 1.28min for the last 500m and a time of 4.32.50 and a seasons best

and a total decathlon score of 8114 New Pb

we had a good evening and travel over to praha the next day thanks to buckley driving, 2 weeks before the next comp!!!! a week rest and recovery and a few quick sessions and into the next meet Kladno 15/16th June





till next time!!!!

IAAF World Combined Events Challenge, Hypo Meeting, Götzis 28.29 May 2011

Brent Newdick set a PB in the Decathlon scoring 8114pts

His results as follow:

| | | | |
|---------------|---------------|-----|------------------------------|
| 100m | 10.95s (+0.6) | 872 | |
| Long Jump | 7.45m (+0.4) | 922 | |
| Shot Put | 14.17m | 739 | |
| High Jump | 1.94m | 749 | |
| 400m | 49.61s | 833 | First Day Total 4115. |
| 110m hurdles | 14.76s (-0.9) | 879 | |
| Discus Throw | 46.65m | 801 | |
| Pole Vault | 4.66m | 807 | |
| Javelin throw | 63.03m | 784 | |
| 1500m | 4.32.50s | 728 | POINTS total 8114. |

Brent is now leading the IAAF World Combined Events Challenge with 15894pts over 2 meetings