

# Coghlan Rips Mile Record To 3:50.6

San Diego, February 20 /from George Grenier/—Al Franken is one of indoor track's premier impresarios of the mile, and at the Jack In The Box meet he presented a classic race that left the track world in a tizzy.

Ireland's Eamonn Coghlan, so tough on the boards and typically at his best on the hyper-fast San Diego Sports Arena oval, didn't just beat the 3:52.6 mark he set here in 1979. He destroyed it by a stunning 2 full seconds with a fabulous 3:50.6—a mark bettered outdoors only 4 times.

Gritty Steve Scott, Coghlan's perennial rival, pushed the Irishman all the way in lowering the American Record to 3:51.8 from his 3:53.0 of last year.

En route, both shattered the 1500 best, Coghlan claiming a 3:35.8 World Record and Scott 3:36.0 for a U.S. standard.

John Walker, previous 1500 owner with his 3:37.4 from '79, ran his fastest indoor mile ever, 3:52.8, to become the No. 3 indoor performer in history. Ray Flynn continued to hack away at his PR, this time falling to 4th all-time with 3:53.6, his third career-best this winter.

So great was the mile that a 50m sprint to equal the World Record by James Sanford and a 27-foot long jump by Larry Myricks were lost in the shuffle.

A meet promoted by Al Franken needs a record; he doesn't relax or smile until the record happens. Franken smiled a little when Sanford sped 5.61, edging ahead just before the wire to beat Stanley Floyd for the first time.

The pair clashed again 35 minutes later over 60y and Sanford made it 2 in a row, this time with a PR 6.07 to become the 3rd-fastest ever.

Myricks had produced a World Record 27-6 in the 1980 edition of the meet, but after 3 rounds this time he was only 4th at 23-4<sup>3</sup>/<sub>4</sub>. In frame 4, however, Myricks uncorked a 26-7 effort and on his final attempt he sailed 27-2<sup>3</sup>/<sub>4</sub>, his longest of the undercover campaign.

Franken also smiled some when Evelyn Ashford, this time bedecked in a flaming red skinsuit, clocked 6.68 to match the 5th-fastest 60y ever. And an 8:27.6 PR win by local product Thom Hunt in the 2M also pleased Al somewhat.

But the last major event of the meet was the mile, and the impresario had gathered a crack field. Besides Coghlan, Scott, Walker and Flynn, there were 1980 winner Filbert Bayi and 3:31.96 1500 man Harald Hudak. Phil Kane was the rabbit

insurance for a fast pace.

The milers were serious-faced as they toed the starting line; Coghlan and Scott, on the pole, shook hands in stony-visaged silence.

Kane opened with a 56.3 quarter with Scott (58.6), Flynn (59.3), Coghlan (59.6) and Walker (60.0) in tow. Coghlan trailed his tempo from the '79 record race (see chart), but he would never again be behind.

A 1:55.5 half-mile by Kane brought Scott (1:56.6) and Coghlan (1:56.7) past the 880 mark in close attendance. Coghlan must have known Scott wouldn't let the rabbit get too far ahead and, likewise, Flynn wouldn't let Scott get too far in front. So Coghlan applied heavy pressure with a 57.1.

## COGHLAN AGAINST HIS RECORD PACE

1979	1981	Relat.
58.7	59.6	-0.9
59.3 (1:58.0)	57.1 (1:56.7)	+1.3
58.9 (2:56.9)	59.1 (2:55.8)	+0.9
3:37.7m	3:35.6m	+2.1
55.7 (3:52.6)	54.8 (3:50.6)	+2.0

Kane dropped out after the half and Scott took over. He ran only 58.8 for the 3rd 440; Walker moved to 2nd on Scott's shoulder with his 58.1. Coghlan cruised along in 3rd with a 59.1, but seemed a bit anxious when Walker's move to 2nd boxed him in.

With 2 laps to go, Coghlan knew the time had come. A man who likes to kick away with about 1½ laps remaining, Coghlan hit the gas with 2 circuits left. He surged to the front with Scott in hot pursuit.

The Irishman led past both the bell and 1500 posts with Scott close behind, but Coghlan opened up over the final 100y to clock 54.8 for his final quarter to Scott's 56.4.

Coghlan hit the line with head back, eyes closed and chest thrust forward, the pandemonium created by 11,502 screaming throats ringing in his ears.

He glanced at the arena clock, which read 3:50.6, then leaped into the arms of the awaiting Kane. Coghlan turned to embrace Scott and they jumped up and down in glee. Franken finally wore a wide smile and appeared to be totally relaxed.

Several days later, Coghlan talked about the race, the fastest ever on American soil: "Yes, I was hoping for a

sub-3:50, but when you're running against the likes of Steve and John and Ray, the main objective is just to win the race and hope the time will be fast.

"A sub-3:50 indoors has always been in my head, but if I was to say it publicly, people would say, 'Ah, you're daft.' But now after running 3:50.6, they're saying, 'Hey, it's possible to run sub-3:50 indoors, isn't it?'"

Of his uncharacteristic move of starting his finishing drive with 2 laps to go, rather than 1½, Coghlan commented, "Actually, it was more of an impulse than a plan. I felt Steve would run a very hard third-quarter, but he didn't. I felt very comfortable going at the pace Steve maintained.

"But I said to myself, 'Go, because if you don't, Steve will be waiting for you.' In a way that slow third-quarter allowed me to gather my forces for a fast last 440. My running the first half-mile wasn't what you would call economical for 3:50 miling. I was running back and forth like a yo-yo. It took me that third-quarter to get myself back together."

Coghlan said 2 early-season losses to Scott (Eastman, Sunkist) didn't concern him because he felt he would race himself into prime condition. Those defeats told him exactly what he needed to work on.

"I think Steve may have thought a very fast pace over the first 1320 would burn me off and I would have nothing left for that last quarter," Coghlan pointed out. "So that's exactly the way I trained, to be able to run that last quarter as fast as possible.

"The last few wins I had—Toronto, Ottawa, even Millrose before them—were really achieved that way. But I was trying to develop that strength for San Diego in particular."

Of his antics after the race, Coghlan laughed, "When I looked back at the clock, I had to look twice. Really, 3:50.6? It just didn't register, you know? Then I remember just jumping on Tiny Kane and I was somewhat embarrassed by that moment.

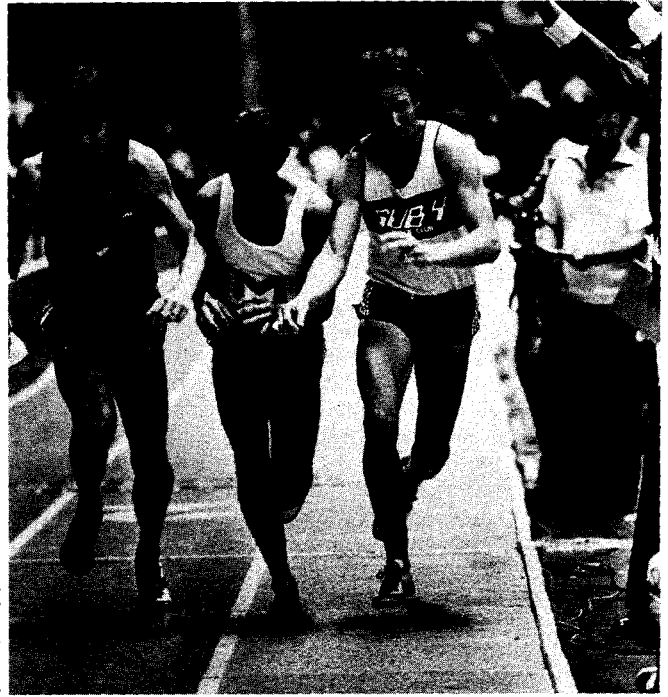
"But then I realized, 'My God, 3:50.6!' and I just went crazy. It was great.

"It still hasn't totally sunk in, but having seen and heard the reaction of many people it's now beginning to hit me.

"Still, I have to admit that I was hoping for that 3:49.9. That would have been icing on the cake. But now I know it's definitely possible—indoors and out."



Don Chadez



Diane Johnson

## ANATOMY OF A RECORD

The pictures say it all, as 3 of our best photographers were on top of all the action.



Don Chadez



Diane Johnson



Bill Leung, Jr.

Attendance 11,502; 160y banked board; 50m, J. Sanford (unat) 5.61 =WR, AR; 2. Floyd (unat) 5.63 (3, 3 a-t W; 2, 2 a-t US); 3. H. Williams (S Di) 5.85; 4. Brown (UCLA) 5.90; 5. K. Foster (USN) 5.95; 6. Hart (BAS) 5.95.

60y, Sanford 6.07 (3, =4 a-t W, US); 2. Floyd 6.10; 3. Brown 6.32; 4. Krulee (unat) 6.36.

500y, Frazier (PCC) 56.8; 2. Henley (Az St) 57.9; 3. Nagao" (Jap) 59.0.

880, Boit' (SCS) 1:48.6 (55.0/53.6); 2. Byers (AW) 1:49.7; 3. Wilson (AA) 1:49.9; 4. D. Korir' (UI) 1:50.5; 5. Masterson (SMT) 1:50.8; 6. Konchellah' (S Di) 1:51.5.

Mile, Coghlan" (Eir) 3:50.6 WR (59.6, 57.1 [1:56.7], 59.1 [2:55.8], 54.8-3:35.6 WR); 2. Scott (Sub 4) 3:51.8 AR (2, 2 a-t W) (58.6, 58.0 [1:56.6], 58.8 [2:55.4], 56.4-3:36.0 AR);

3. Walker" (NZ) 3:52.8 NR (3, 4 a-t W) (60.0, 57.5 [1:57.5], 58.1 [2:55.6], 57.2); 4. Flynn' (NBTC) 3:53.6 (4, 7 a-t W) (59.3, 57.5 [1:56.8], 59.6 [2:56.4], 57.2); 5. Hudak" (WG) 3:59.7; 6. Bayi" (Tan) 4:01.0; ... dnf-Kane (AW) 56.3, 59.2 [1:55.6].

2M, Hunt (unat) 8:27.6 (9, x a-t US); (63.3, 63.1 [2:06.4], 65.0 [3:11.4], 60.4 [4:11.8], 63.4 [5:15.2], 65.3 [6:20.5], 66.2 [7:26.7], 60.9-4:11.8/4:15.8) (7:55.8m); 2. Lacy (NBTC) 8:34.1 (8:00.4); 3. Aldridge (Sub 4) 8:35.8 (8:02.6); 4. James" (GB) 8:37.5; 5. McChesney (Or) nt (8:02.6).

HJ, Stones (PCC) 7-4; 2. Frazier (Az) 7-4; 3. Balkin (UCLA) 7-2; 4. Ujino" (Jap) 7-0.

PV, Bohner" (SJ) 17-6; 2. Curran (UCLA) 17-0; 3. Takanezawa" (Jap) 16-6; 4. Hintnaus (SCS) 16-6; ... nh-Halverson (S Di), Newton (Nb), Ripley (PCC), Haynie (SCS), Smith (ACA).

LJ, Myricks (AA) 27-2 $\frac{3}{4}$  (x, =3 a-t W, US) (23-4 $\frac{3}{4}$ , f, f, 26-7, f, 27-2 $\frac{1}{2}$ ); 2. Williams (unat) 25-3 $\frac{1}{4}$ ; 3. Usui" (Jap) 25- $\frac{1}{4}$ .

TJ, Marlow (G Bear) 54-11 $\frac{1}{4}$  (7, x a-t US) (54-0, 53-0 $\frac{1}{4}$ , 54-11 $\frac{1}{4}$ , f, f, 54-1 $\frac{1}{4}$ ); 2. Caldwell (SSTC) 53-9 $\frac{1}{4}$ ; 3. Williams (UCLA) 53-9; 4. Tiff (MIA) 53-7 $\frac{1}{4}$ ; 5. Benson (UCLA) 52-10 $\frac{1}{4}$ ; 6. Mayfield (Az St) 52-3 $\frac{1}{4}$ ; 7. Banks (IAAA) 48-8.

Women: 60y, Ashford (unat) 6.68 (x, =5 a-t W; x, =4 a-t US); 2. Anderson (LAN) 6.85 (10, x a-t US); 3. Dawkins (Ca HS) 6.89; 4. Loud (UCLA) 6.98.

500y, Peterson (LAM) 1:04.6 (7, 7 a-t W; 6, 6 a-t US); 2. Forde (Atoms) 1:05.0 (x, 8 a-t W); 3. Gutowski (LAM) 1:05.2; 4. Clagon (LAM) 1:05.3.

Mile, Joan Hansen (Az) 4:36.9 (8, x a-t US) (68.0, 68.7 [2:16.7], 71.1 [3:27.8], 69.1); 2. Kanuka' (S Di) 4:37.4; 3. Cathey (Ok) 4:43.1; 4. M. Joyce' (S Di) 4:45.5.