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2005: YEAR IN REVIEW

What a year it's been! I've raced more than ever, rediscovered the thrill of the short races, ran in 2 other countries, trained twice a day, ran at 10pm, made plenty of friends and for the first time didn't start a race I registered. Rather exciting!

In a nutshell, I've exceeded my personal expectations so much so that I'm not sure if I can sustain the kind of effort I churned out this year again. I'll try to recap the year's notable events starting with the Marathons.

MARATHON

KL Marathon

Going into it just slightly 2 months after a dismal 2004 Singapore Marathon seemed like setting myself up for a major disappointment. But it turned otherwise as the training I went through for Singapore turned out to be the perfect base work for KL. The telling factor had to be the numerous (about 5 over 30Ks) long runs I put in. Smart pacing and some good mental approach worked well. Dropped my PR by more than 30mins to 4:40. ([race report](#))

Singapore Marathon

The tail end of the year is usually reserved for this premier event. I was disappointed that Penang was a no-show and Singapore Marathon still hold a grudge against the powers that be. Then the Ipoh organizers pulled out after their 2004 debacle. What's left but Singapore? Since my son is big enough for these trips, I thought it'll be great to bring him and my wife along. We had a good time, tackling Sentosa's Luge in the afternoon after the marathon, the Zoo the next morning, and around the City before driving home to KL.

What about the marathon? It went well to my surprise. The field was twice deeper but my very conservative start helped me to a 1-minute PR (4:39). It would have been faster if not for the premature surge. After 35K I didn't even look at my watch. I experienced for the first time the thrill of passing runners in a marathon - it felt even more satisfying than in shorter races. Peeing on the run was a warm if necessary experience. ([race report](#))

HALF MARATHON

Nilai Half

I was apprehensive of this race being held in a small and obscure town but I wanted a small and obscure event to have an easy and relaxed run after the KL Marathon high. A 10K would have been too short, so Nilai was perfect. Pacing a fellow runner to her PR made it even more memorable. And I will always remember my duel with another runner going up the steep hill enroute to the finish. I won but it was a gritty fight. ([race report](#))

Putrajaya

This was also a new event for me. I was nursing a flu and a bad cough when I lined up at the start. I had picked up a tremendous runner, Kien Mau (he would be the deciding factor in the Singapore Team pipping Pacemakers' in the Relay event in Singapore), from Puchong before making our way to the start. I started perhaps too strongly and covered the first 10K too quickly. It then went downhill from there and I found myself hammered by the undulating terrain and heat and succumbed to my worst ever 21K performance in about 2:09. With Putrajaya elevating itself to marathon status next year, I'm keen to exorcise the ghost of 2005. ([race report](#))

PJ Half

It was the one that got away. I registered early but was nursing a slightly sore knee nearing the race and decided to skip it in the hope of recovering quickly for the Singapore Marathon. It turned out to be a wet race with rain pelting down most of the way. While many runners don't like to run in the rain, I would have savoured it. And with the smaller



than usual field, there could even be the remote possibility of medalling in this very difficult race.

10K

Cops Run

I consider this my breakthrough run for this short event. Abandoning caution to the wind, strengthened by the miles and miles of long runs and emboldened by the substantial tempos and progressive workouts done at KLCC, I took off like a jackrabbit after Tey right from the start and overtook quite a few runners but not Li Sar whom I saw 200m ahead. Kicked hard and finished in 51:20, a very good time for me since I've always done 60 minutes on the usual KL route. ([race report](#))

Subang Jaya

Trying to run the same time to match your earlier good timing is even more difficult. If successfully executed, it would mean that the earlier performance wasn't a flash in the pan. It would also mean that there is a certain level of consistency in performance and ability. Expectations were high going into this race. There were some private but cordial competitiveness among friends but I adopted a safe approach. Hold pace and not run helter skelter from the start. It worked as well as I finished in 49:55. No medals for this ultra-competitive event but I was pleased as punch. ([race report](#))

Klang Quarter

Next up is the Klang Quarter where they gained notoriety for dishing out cheap aluminium finisher medals. Medals that were so thin, they resembled milk can lids. But still the lure of a 10K proved too strong and the clan and my mom made the trip to Klang - for the run and the post race Bah Kut Teh (pork stew). The route wasn't too great with some parts resembling cross country terrain. In any case I turned in a fearsome kick as I entered the stadium in 49:35 but still ended in position 145th! ([race report](#))

5K

This one came as a surprise and out of an opportunity not to be missed. With my company travelling to Bangkok for a department outing, I scanned a Thailand website and enquired through Tey (who has a good Thai network) whether there is a race I could get myself registered. It turned out that there were and I was penned down for one which was located far from Bangkok. It was a exhausting ride in the wee hours of the morning but I was even more surprised to see Lawrence lining up as well! I was privileged to experience a truly unique race organization and the warmth of the Thai people. Race time - 24:22. When I got back to the hotel, my colleagues had just finished breakfast and shook their heads in incredulity at my "resourcefulness" ([race report](#))

3,000m

Bouyed by earlier exploits on the road 10Ks, I was brave enough to turn up for the 3,000m time trial held in conjunction with the PACM 4x3K relay. Pacing duties went to Ronnie and Justin with Tey turning up for photo opportunities. 13:18 is not too bad at all. ([race report](#))

Looking to the next 12 months, I see myself doing less 10Ks to focus on the 21s and 42s. The year will kick off with the Great Eastern PACM 30K followed by the KL Marathon in March. After that possibly Nilai Half (if they're on this year), and a couple of 10Ks to keep the motivation up. I will be skipping the Singapore Marathon and run the Putrajaya one instead. It will be a busy year for sure as my son will be starting his pre-schooling. Hopefully I will have many opportunities to spread the running word around. There will be many unknowns but that's what makes it exciting.

The journey continues...

Jamie

Dec 31st, 2005