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2004 Pacemakers Time Trial #4 - Mar 27th 2004

The Track - Will It Be Glory Or Humiliation For The Writer? Read on...

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With Der Pacemaker taking his sabbatical, I've been entrusted to report the just concluded 4th Time Trial. Having not laid a toe on the track since my Inter-Bank days, I knew that this would be a painful session. Nevertheless I needed to gauge how fast or slow (depending on how you look at it) I can run. Besides, it should be fun running with all my running kakis in sight for a change. Normally with their pace they would've disappeared from sight during road races.

The track is indeed an honest place to be for a runner. There's no where to hide. Your weaknesses are there for all to see and of course your strengths too. No bullshitting around. And then there's some attraction to the smell of the rubberized surface as well.

So it was for me. My target was to run an even 1:48 laps which would give me a 4:30 pace - an extraordinary expectation considering I've never dipped below 5 min/km pace in my life.

First lap, Bruce surged to keep up with leaders, Khoo Yin Kiat and Der Pacemaker. I was about 30 metres behind and smelling their exhaust. Bruce dropped back about 1 lap later. I found it very difficult to run with Bruce as he's one who surges and one moment later slows down to a tortoise pace. So if I wanted to use him for a pacer, I'd best forget it. So on one of the early laps, I made sure I dropped him completely.



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By the 5th lap, I could no longer smell the leaders fumes and they promptly overtook me on the 6th lap. Alongside us, Tomoko and Bee Hoon were running mile repeats - these ladies rock! By 6.5 lap, I was wondering what the heck I got myself into. I was already unable to keep up with my early pace and have been dropping instead of gaining 5 secs consistently every lap!

At the final straight, Kelvin cheekily pulled up next to me and ran by my side. Having his fun presence allowed me to dig a little deeper for a last surge, crossing the line in 14:01. A more consistent pace would have got me below 14. Then it was time for Azwar and Yew Chee Chung's turn. Eric paced Azwar for 1 lap and despite arriving late for the start, Azwar did very well. Yew Chee Chung is Yew Chee Chung - as fast as ever. So that was it, my first track report. Der Pacemaker will return next week!

Here are the results for 4th trial run...

1st heat:

11:26s...Khoo Yin Kiat (top gun)...

11:28s...[Der Pacemaker](#) (the one and only) ...
12:42s...Ngae (barefoot runner who obviously won't need a footwear endorsement) ...
14:01s...Kelvin (2 fast 2 furious)
14:01s...Jamie Pang (non-track runner but very soon will have to take up) ...
DNF...Bruce Wun (this man's an enigma!)

2nd heat:

11:08s... [Azwar](#) (runner who is high)

3rd heat:

11:08s...Yew Chee Chung (speedy gonzalez)

Latest standings after week 4:

01... 10:53s - toh tai kuen (unbeatable)
02... 11:08s...yew chee chung
03... 11:08s...azwar
04... 11:25s - jimmy (alliance bank)
05... 11:26s - khoo yin kiat
06... 11:28s - der_pacemaker
07... 11:30s - vincent wong (master blaster)
08... 11:37s - loong (alliance bank)
09... 11:45s - william chan
10... 12:01s - nelson moh
11... 12:06s - tomoko
12... 12:20s - kelvin ng
13... 12:42s - ngae
14... 13:26s - seela (alliance bank)
15... 12:36s - oon
16... 12:37s - lian bee hoon
17... 13:08s - syannon
18... 13:37s - sanjit singh
19... 13:52s - lee shew kheng
20... 13:53s - khong chee hou
21... 14:01s - jamie pang
22... 14:19s - bruce wun
23... 14:44s - sam
24... 14:55s - wendy
25... 14:56s - nada
26... 14:57s - suhaimy (alliance bank)
27... 15:41s - chai foo liang (alliance bank)
28... 15:54s - tan pek moi
29... 16:11s - tan kok weng
30... 16:12s - choon wai yee
31... 16:58s - ash
32... 17:57s - pui san
33... 19:36s - c. yee
34... 21:56s - jiang yee
35... 20:35s - vivian ng
36... 25:35s - vinnie ng

Jamie Pang
Mar 29th, 2004

