

jamie's loft > running



Home

Life

Running

Photos

Musings

[Home](#) > [Running](#) > [Race Reports](#)

KUALA LUMPUR INTERNATIONAL MARATHON (10K CATEGORY) by Jamie Pang

Sometimes the motivation to run is not to win medals but to stay healthy (which should be a more basic need)...

[More race reports!](#)

Read [articles on running](#)

10K only-lah

My running buddies had this race in their sights since last year and with me running the year end Singapore race (race report [here](#)), this one comes too soon. I did think (just a little!) about doing the 42K but in hindsight, I'm glad I didn't. Of course Terence aka Penguin-6 did his best to tempt me - "Hey, come on lah! No problem one ma... Run with us lah!". So 10K it was for me then with the Penguin brood going for their first 42K. [Azwar](#) and Suffian will also debut at this distance. No doubt I was equally excited for these folks and had followed their training progress, written with the usual sense of humour, via their blogs.

Pied Piper of Running

Like the fairy tale character, I managed to put together a group of runners from my workplace. Might as well get more people in, right? These folks have not run in years and though we tried to train together, most of the time we ended training separately due to conflicting personal schedule and work commitments. The final count from my workplace was 6 including myself. On race day, there were only 5 of us as 1 had become a second time Dad.

Sidebar:

Many of my other running friends ran the **full marathon** with majority running their first. Read some of their exploits here:

- [Penguin Site](#)
- [Runner's High](#)

Friends who did the **10K**:

- [Mei Jyn](#)
- [Malaysian Runner](#)

[RACE PHOTO ALBUM!](#)

Cursed Chicken Pox

Just when I was entering the final phase of my training, my wife came down with chicken pox and she had to return to Penang to avoid spreading to my son. What is it with chickens these days????! Anyways, I ended up not running the final 1.5 weeks to the race. My improving speed resulting from some workouts with Ronnie did go down the drain. On a positive note, the time together allowed some valuable bonding time between father and son.

Race Morning

How do I write about a 10K race? It's too short to really put down noteworthy stuff and only Ronnie can write good 10K reports. Have you read any of his before? No? You really should [check it out](#).

There was some inconvenience on race morning as I didn't expect the KL-Seremban Highway to be closed to traffic. My forced detour to Cheras resulted in me arriving only at 6:30am. The organisers really ought to publish detailed road closure information (including time of closure) instead of the small notice in a daily that named a few roads to be "closed progressively". Naturally all the good parking spots have been taken up and I had to park at Bukit Aman about 1.5K away from the Dataran Merdeka flag off area. I had had a light breakfast at 6am (buns, coffee and a little Accelerade) and I felt confident of achieving my targeted 55mins. I've never ran 55mins on this route. I jogged from the car park to the start and tried to locate the registration desks.

A Surprise Friend and A Taste of Rawhide

3 minutes later and I still couldn't locate the desks so I walked to a stranger intending to ask for directions. To my surprise, he greeted me by name! This stranger turned out to be a Singaporean who had visited my site. He

commented that I looked better in person than in the website and I thought he must have meant I looked like shit in my Singapore Marathon photos. He added that there were about 50 Singaporeans at this race with another 50 odd from Thailand. He then directed me to the registration area. I didn't have the presence of mind to ask his name so if you're reading this, please send me an [email](#) OK? Perhaps we can catch up! (Writer's note: I received an email from this friendly Singaporean and we have remained in contact ever since)

So I approached a gap in an enclosure that looked like a cattle pen, handed over my registration card and was given a blue ribbon. Malaysian organisers have a fetish for issuing blue ribbons, fizzy isotonic drinks and cloth bibs. This race was no exception. Once you're registered, you'll be herded like cows into a pen. Except that the pen was barely big enough to contain us. I located William and CS a short while later, which was a surprise considering the number of "cows" in the pen but Newton was still nowhere to be spotted. Then Ronnie and his girlfriend (hand in hand - so romantic) walked past me to get to the front. As I was making my way closer towards the starting line, I ran into Cheong and his group. I told him to try to finish within the qualifying time.

Stampede!

Before I knew it, the gun went off and the crowd of "bovines" let out a collective "Moo!" - well something like that and stampeded away. From my position I caught a glimpse of the frontrunners in action - it was sheer madness. I mean those elites were like doing a 100-metre sprint. Nevertheless it made sense as any slower, they would be eaten up by the main pack of runners - a sure way to get bogged down. As for me, I tried to stay just behind the group of Bidor Kaki Runners. That lasted less than 150 metres because the road took a turn and a split and I lost them in the crowd. So I kept to my pace. I found that I had to evade many stragglers and that was as tiring jinking here and there. Coach Bob Glover was right in [his book](#) on 10K racing strategy. And that's to blaze the first 2K to avoid these stragglers, then to settle in a target pace and to hold on to the finish.

The Marathoners

I reached the 5K mark in 25:13 and at 6K, the 10K racers joined up with the marathon front pack (but not race leaders). I applauded them and a few other runners followed my cue. 10 minutes later I reached the Indian Embassy and although I wanted to surge here, I only managed to keep coasting on. The Government Offices hill had knocked the wind out of me. 12 minutes later, it was the Parliament flyover and then all out mad dash to the finish. I love this part as it's all downhill to the finish line. If only I had started at a 5:15 pace earlier and sustained it until this point, my timing would've been much better. Target is now to train at 5:15 pace over the hills.

Finish Line

At the finish line, [Gavin](#) bumped into me and we chatted - he's always a nice person to talk to - while lining up for the drinks. He did very well to come in 32nd (41:56). He advised me to build more hill work into my regime if I wanted to lower my time. If that's what's required, then there's no 2 ways about it. From now on, it's hills and more tempo runs! Hopefully I'll be able to attack the hills more confidently in the March Power Run. I bade adieu to Gavin and made my way back to the car to get my camera and then to link up with my colleagues and Ronnie.

"Marathoners, I Salute You!"

I wish I could do justice to put in words the effort put in by Azwar, Suffian aka The Ultraman, and the Penguin Gang who tackled the marathon for the first time but I can't. You will have to read their story for yourself. Refer to the [Sidebar](#) on top for the links. Suffice to say that I'm very happy for them. Azwar did amazingly well 3:50 - an outstanding effort, considering he nearly wanted to forgo this distance a couple of weeks back. While waiting I had good company in Karim, Rohaizad, Yee (who ran a very good race below 4:10) and Mei Jyn cheering the returning heroes. Check out the [Race Photo Album!](#)

Timing: 58:32

Gear: Asics vest & shorts, [Dri-FIT](#) socks and adidas Sympathy. [BodyGlide](#) for the sole.

The journey continues...

Jamie Pang, Feb 29th, 2004

