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**PJ HALF MARATHON RACE REPORT** by Jamie Pang

I had no trouble finding the Kelana Jaya Sports Complex - just follow the cars! The car parks were filling up fast but I managed to park right next to Martin aka Lonerunner who wasn't alone. He was there to run the 10K with his wife. Even in a crowd, it was easy to spot familiar faces. Either my circle of friends have grown or the running scene in the country is small. Or both.

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Promptly registered in the well lit stadium, I bumped into Uncle Sonny, Ken, Uncle Tan, Kelvin and [Rohaizad](#). Then it was onto the tracks for a warm up jog. The weather was cool due to a very light drizzle. I gagged down the [PowerBar](#) and 250ml of water and chanced upon [Gavin](#). On our way out to the starting area, I saw Terence aka [Penguin-6](#) waddling very quickly toward the grandstand area (turned out he was frantically hunting for his bib).



Wheelchair racers are a common sight in Selangor events



This group of kids were probably in awe of this lady

Gavin, Rohaizad and I were still chatting when the crowd began to move forward. We thought the race had started but it turned out that everyone was just moving forward to the starting line. A few minutes later, we were off. I moved at steady pace. The plan was to stick to a 6 minute pace up to the 18K mark. Within the 1st K, I met Newton and Cheong - they were running together. And Krishnan from adidas. I was confident that the 3 climbs (1K, 4K and 8K) would present no problems to me as they came on early. I hydrated and sponged as usual and I noticed that there were many attractive women running the 21K this year - so there were adequate distractions. Then I heard someone call my name from behind - it was [Ronnie](#), who was in the 10K category. He cruised past me in front of the Nanyang Siang Pau Building.

I suspected that the markers were slightly off as I hit 4K in 20 flat (5 min pace) and 10K in 50:40. The climbs had had no negative impact on me and I was confident that I would finish below 2 hours. I had caught up with Uncle Sonny and we were pacing together. I had taken gel at the 8K station. Both of us were carrying our our fluids so we bypassed the next water stop and overtook a few runners. We distracted ourselves by cheering the fast runners on the other side of the road.

Since I was feeling good, I surged ahead. Saw Li Sar, [Azwar](#), Yong, Rohaizad and Tey on the other side. Took the U-Turn just before Terminal 3 and prepared myself for the difficult part of the race. My pace had dropped a bit and it was getting a tad hot and dusty. Before long Uncle Sonny passed me and never looked back. I walked for a few yards to alleviate my knee pain - I was glad I wore the [patella support](#), else it would have been worse. Then I resumed running at a slower pace - tried to run the pain off, which was a bad idea, but the race had to go on!



Took on a bit more gel at the 14K mark and saved a bit of it for 18K. The turnoff back to the stadium was a welcome sight. I passed Tey who was nursing his legs and surged again. I also passed Rohaizad who was stretching a little by the side and saw Karim who had finished. The watch read 1:45 and I knew for sure then that I'd go sub-2. But I underestimated the end where we were supposed to take the large loop around the stadium before entering the track! I had surged too early! Nevertheless I hung on for the final yards, overtook another runner in the final 10m amidst cheers from the Gang. It was a nice race for me. Not only I returned with a sub-2 but the organizers also seemed to have gotten their act right (read about [last year's fiasco](#) here) - the 21K route was separated from the 10K and 5Ks, thus ensuring sufficient sponges (ice-cool water) and refreshments for the half marathoners. The traffic management too have improved with many more marshals. I'll be back next year!



**Back row:** Kenneth, Cheong, Jamie, Yen-Nee, Azwar, CM, Cheah  
**Front row:** Newton, Ronnie, Justin

Timing: 1:58.20  
Average Pace: 5:38