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SIEMENS 10K REPORT by Jamie Pang

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It was an event that I would've passed under normal circumstances. But with 7 days to go, I wanted to give my legs a loosening up. But I got more than what I had bargained for.

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By the time I laced up my shoes that morning, I had already visited the toilet twice at home. My son too had a bad night - his tummy was bloated up. I suspected that the A&W ice-cream waffle we had the night before to be the culprit. I reached the starting area dehydrated and low in energy. My body was a little sore as well.

To add to the general feeling of depression, it started to drizzle while I chatted with [Wim](#), Francis and [Rohaizad](#). Then we spotted more of the regulars like Justin, the [Penguins](#), Martin and CS Wong. After entering the pen, Newton, [Mei Jyn](#), Cheong and [Ronnie](#) hooked up with us. Penguins 1 and 3, Rohaizad and I intended to run easy. No other way for me even if I wanted to run faster. So I spent the first few Ks chatting with Rohaizad and Penguin 3, not much problems here but soon after that, my legs started to feel heavy and my breathing laboured. My body was nearing depletion and it was getting painful. I remembered clearly at that point that this is the feeling one would get when you hit the wall. Except for me, I'm hitting the wall in a 10K. How low can one get?

From then on, I walked pretty much of the way on the uphill and shuffled on the downhill. Knowing the bad shape I was in, I was really embarrassed when Uncle Tan and Wan applauded me in the home stretch. Crossed the line in my slowest 10K ever after which I went home and slept most of the day and consigned myself to a porridge and bread diet.