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[LARIAN MESRA RAKAN COPS RACE REPORT](#) by Jamie Pang

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Who's this fierce looking fella?

Saturday Night Fever

After reading the exploits of Emil Zatopek, and watching Endurance (documentary about the great Haile Gebrselassie), my fire was sufficiently stoked to run and run fast. As I have been running quite well lately, I decided that I'd try something different for tomorrow's race. This race was another unplanned one (after Nilai where I took over from Karim - read the [Nilai Race Report here](#)) as Chen decided to run in the Cemetary Run instead.

"Men, today we die a little."

The above was uttered by Zatopek, no less, at the start of the Olympics Marathon in Helsinki. I was prepared to die given my race plan. In contrast with the previous 10K races I'd done, my approach was to always start conservative. That's why I'd always run out of miles by the time I made my move. The traditional hilly Bukit Tunku route didn't help. Bottomline is, I'd always erred on the safe side.

Not anymore! I reached the starting area quite early. As I guzzled down a bottle of Endurox, I saw Li Sar. After chatting for awhile, Li Sar walked off to register herself with Jason Thiang and family and Jenny in tow. Pretty soon, later [Sim](#), Jason and Phyllis walked by and we walked to get ourselves registered. Sim would not be running due to his bad injury, Jason substituting for him.

The rather small car park at the Police Headquarters barely accommodated the large crowd, most of which were made up of police recruits in T-Shirts. I spotted no women police runners, whom [Rohaizad](#) told me about.

I left the group (Tey also turned up) to do my warmup and located a quiet section where a few fast runners were already going through their routine. I quickly started my strides and jogged for about 3 minutes. Sufficiently warmed and sweating slightly, I chatted up [Julian](#) before making my way to the start.

Race Plan

My plan was to start sufficiently fast (about 5:45 pace), hold it for 3K, then settle back at 6 minute pace for the middle miles and then push the last 2K like mad. That plan, I'd hope, will take me to a 57-58 minute finish time. That, is my standard, taking into account my good form of late.

"Take cover!"

The race was to be started by the Deputy Home Minister, Dato' Tan Chai Ho and everyone thought (including himself!) that there was an assassination attempt on him when he fired the starter gun. Fortunately the explosion was only caused by the over the top firework/flare display. After a moment of stunned reaction, we set off!

First 3K

I had to weave in and out past the slower runners for the 1st K. Tey had already zoomed ahead. Kit, Cherrie's hubby was also running fast so I decided to shadow him. This new city route was pretty exciting and pretty flat. Passing Imbi and Jalan Bukit Bintang, the traffic were well control and I was running OK, striding steadily, breathing comfortably. Towards the end of Jalan Bukit Bintang, I gave a thumbs-up to Yong (a KLCC regular who is also a Pacesetter) as I passed him. Then the runners turned into Jalan Tun Razak past the American Embassy. I decided that I end my tailgating of Kit and passed him as well. Another thumbsup as I passed Tey and Jason just before the turn into Jalan Ampang.

At Jalan Binjai, next to Nikko Hotel and Citibank, the staff of the Lotus Restaurant came out to watch us. Then the entourage turned into Jalan Kia Peng and I put in a surge.

By this time, I'd marked 2 runners who had stuck close to me, slightly in front, as a gauge. The route meandered again into Jalan Tun Perak, past the Hong Leong Bank HQ, past KLCC before joining up with Jalan Ampang. I grabbed 2 cups of water (station located front of the L'Coq Dor Restaurant) and dunked one cup over my head. That was a relief as the morning sun had begun to exert its energy sapping rays on us. We took a left at the Renaissance Hotel junction and straight into a traffic mess. Some drivers were seen arguing with the cops.

1st Climb

This was the slope along Jalan Weld. Thankfully it was short. After which we hung left and head towards Wisma Genting and I put in another surge. Inside I was guessing when the heck were we going to head back to the Bukit Bintang area again as the route had been different from the stated one in the race brochure. These changes were making my race pacing difficult. I was just hanging on and kept wishing that there were no surprises.

Running with Zatopek

Nope this wasn't a new book. But when things got rough, I thought about Zatopek's torturous 100x400m intervals run daily for 2 weeks when he was preparing for the Olympics. If it was humanly possible to put the body through that routine, what's a 10K? I also thought about how Gebrselassie glided through the opening scenes of Endurance and pretty soon, I got back to Jalan Bukit Bintang, racing past KL Plaza and Lot 10. This was my cue to hit the gas. I simply just hammered the pace which took me past one of the two runners I mentioned earlier. I'd been running near the middle of the road to avoid the slower folks (including the 7K runners).

Over and done with

Rounding two more corners, we had to climb a short but steep gradient. I peek at the watch showed that I'd been running faster than I thought - **51:20.65!** Woo hoo! My position was **66**, no medals (only top 50 in my category were awarded medals) but I was pleased as punch. The last time I ran faster was way back in 1992 when I clocked 48 minutes but my effort today raised suspicions that the '92 race could be shorter than the claimed 10K. Regardless of accuracy, I can now say that I'm pretty close to my former timing. 50 minutes now look possible but 48 minutes will take much more work. I'm also not sure how I'll perform back on the traditional Bukit Tunku route. I'll just savour the sweet moment for now!



From left: Li Sar, Jamie, Jason, Ryan, Phyllis

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