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**SINGAPORE MARATHON RACE REPORT** by Jamie Pang

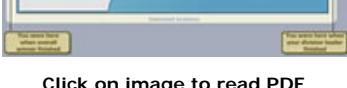
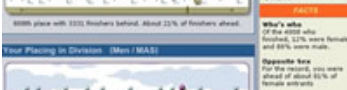
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### RACE ANALYSES

(as extracted from runpix.com)

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### No. 5

I found myself once again in front of the Esplanade awaiting the start of the marathon. This time around I had Jimmy Tong for company and he looked flashy in his long Skins tights. We were lying on the ground right in front of the Theatre's main entrance relaxing while the elites were warming up right in front of us.

Planning for my 5th marathon was much more tedious as my family was joining me in Singapore. Logistics had to be planned beforehand and while the hotel room and the Sentosa and Zoo packages were already booked some months before during the MATTA Fair, there's still the packing and driving into Singapore. With the help of my ex-classmate and Cheong (PM12), we got into Singapore the day before pretty smoothly with nary a wrong turn made. We had left our home at 6:15am, stopped briefly at the Pagoh rest area, and reached the island around 11am. The weather along the way was excellent, a little drizzly and overcast. It raised my hopes for a great race day weather.

The itinerary I put together was pretty scary. After the race, the 3 of us would make our way to Sentosa for lunch and the following day the zoo. In case it's still not clear to you, all that comes after the marathon. I really had my doubts on whether I could pull it off.

### Expo

While the wife and son had their afternoon naps after a quick lunch at the Funan Food Connection (I had Kimchi noodles), I hurried to the Expo at the [Suntec Convention Centre](#). Munching on a Powerbar along the way, I bumped into [Dinesh](#) and wife in the Citylink Mall, besides a couple more familiar faces. I found that this year's displays were much bigger but to my disappointment there were hardly any items on offer. No official merchandise nor running shoes on discounts. What's in the shoebag? The timing chip, a nice blue adidas ClimaLite vest (with reflective strips), a multi-vitamin supplement sample and the race bib. After shooting some scenes there with the videocam, and buying an [illuminate cap](#) (you can see how well they reflect from the photos on the right as well as in my [online album](#)), I hustled back to the hotel to freshen up for the pasta dinner.

### Annual Haunt

On our way to dinner we bumped into Cheong in front of the Capitol Mall. The [Pastamania](#) at the Funan Mall remained our choice - the price and location being the decisive factors. This outlet plays host to us every year and earns quite a bit from the over 20 of us annually. Jason was there waiting for us and soon, more runners came. [Sim](#), Kelvin, [Rohaizad](#), [Kenneth](#), [Justin](#) and Jeanne, Kevin and May, Dinesh and wife, Tey's friends and Alex and Liep (who is my Citigroup colleague from LA). Liep recently ran the NYC Marathon in a sub-5 time. It was great to finally meet him. Shirlyn and a few Safra runners too joined in the party. Not to miss out on the gathering, Tony (Penguin 3) and Penguin 8 dropped by for awhile to say "Hi".

After dinner the 3 of us walked over to Raffles City to check out the Christmas lights and by 9:30pm, we were back in the hotel room. After re-checking my 3 alarm clocks, it was lights out. My son however had other ideas and his sleep along with ours were disrupted a couple of times as he had some nightmares.

### The Start

I woke up at 3:30am, and did everything required to get ready - hydrate with Endurox, mixed a bottle of Endurance to carry along to the start, a Powerbar, and a cup of coffee for that early morning jolt. Proceeded to lube up with Bodyglide and I was ready to go. I was joined by Jimmy Tong (his 14th marathon!) to the holding area. After depositing my bag with the camera inside (now you know why there aren't any shots of the Esplanade) I committed a boo-boo. We inadvertently triggered off the timing mat when I stepped into the starting line area to cut across the other side of the road. Duly chastised, we had to walk all the way down the starting pen to cross over. As I stretched a bit while waiting for the start, my stomach rumbled badly. In hindsight I suspected that the caffeine was the cause for the runs. I had no choice but to make a dash for the porta-johns. Thankfully the queues were mainly near the start and I found a row that's not crowded. Duly relieved of the discomfort, I decided to enter the pen and get ready. It was then that I noticed at least 50 porta-johns. Very soon, more familiar faces ([Sukaimi](#) and [David](#) included) came and went and I was glad to see [Gavin](#) and Justin there as well. He had had fever the night before and is hoping to just complete the race.

**More on Singapore Marathon 2005**

### Marathon Race Reports

[Gavin](#) | [KC-P1](#) (photos) | [Alex](#) | Jason Lim | [Justin](#) | [Ben Lim](#) |

### Half Marathon Race Reports

[Sim](#) | [Rohaizad](#) | [Kenneth](#) | [Runwitme](#) | [Tan BoSe](#) | Cheong SH |

### 10K Race Reports

[DK](#)

**Mouse over the images for descriptions!**





This year's crowd again nearly doubled last year's. The full distance runners totalled 6,500 compared to 3,000 plus last year and nearly the entire stretch of the road is taken up by the full marathoners. Gavin, Justin and I were somewhere in the middle of the pack.

**Let's Go!**

The start was smooth. No jostling and everyone was cool. A simple airhorn (they should consider using a cannon next year as we couldn't really hear it go off) set us off into the darkness punctuated by flashes of lightning and rolling of thunder. Come rain!

**First 5**

I was running with Justin enjoying the sights. Since the skies were still dark, I leave it to your imagination on what the sights were. Comfortably reeling off approximately 7 minute pace the first 5K, we were feeling good. The air was cool and we were anticipating excellent weather. Before long the elites were seen zooming past us on the opposite side of the road much to our astonishment. Even we know that these fellas run fast, it's another story to see how fast they actually were. They were sprinting to me. At the first water station, I went ahead on my own while Justin dropped off to collect his drink. I still had some Endurance left in my bottle and this race technique is actually used to skip the usually crowded early stations. I must have dropped hundreds in the early stations alone.

**10K**

I wasn't really looking out for familiar faces as I was intent on focusing on my pace. So 10K came and passed without incident. I had thrown away my empty bottle and was relying on the refreshment stations. The 100 Plus served were unchilled and thankfully not very gassy. The service was a little slow as the volunteers were using jugs to fill the small paper cups, resulting in some lost times as well. Not much but enough to put you off the momentum. I hit 10K in 1:07, about 1 minute slower than target.

**Halfway Mark**

Khoo Yit Kiat overtook me just after I entered Shenton Way. He was running extremely relaxed with loping strides. We greeted each other and he disappeared into the thick crowd. I would see him again on his return trip to the finish as the first Malaysian finisher in the Half Marathon category. The sun was already up and blazing. Many runners' pace were dropping but I was still holding steady with sub 6:30 pace.

As I entered ECP, I passed Jason who was deeply in tuned with this MP3 player. I struggled a bit with a packet of plum powder - can't seem to pour its contents into the bottle. In the end I just chucked the entire plastic wrap into the bottle and gave it a good shake to "extricate" its content. I was into my 2nd pack of Powergel. I noticed that the cheer teams this year were sorely lacking and where they appeared, the enthusiasm seemed to be lesser than those experienced in previous years, which was an unfortunate thing.

I skipped the bananas on offer. They weren't ripe anyway and I just wanted to clear this lengthy ECP stretch. It was generally shaded but even though it was getting hot, I felt that it didn't bother me to the point of being a concern. I passed Chee Wee (Penguin 11) and we shouted encouragements to each other. It was a heroic effort from him as he was down with fever. It was good to see him walk as pushing would not be too good. He had to control his core body temperature.

Around the 28K mark I spotted Justin running the other side which was astonishing considering I went ahead of him at the 5K mark. Maybe each of us were too engaged in our battles to notice each other when he passed me. He was roughly 1K ahead of me. I also spotted PK and Francis who were on the returning side. I caught Francis but didn't see PK. I later learnt that PK finished a few minutes behind me. I reached the 30K point in 3:13.

**Peeing On The Go**

When you had to go, you just go. It was tough the first time around as you're fighting your instinct of not doing it. Furthermore your equipment would be facing north instead of the customary south (the women would probably have it easier). With some urging the deed can be achieved. Just ensure that your shorts would already be soaked through and better yet, dripping, so that the act won't be as obvious. To the uninitiated, peeing on the run can be a disconcerting thought but just think about nice warm feelings (you'll notice it literally) and it should pull you through. A little rinsing with the bottled cleared up any mess.

**Dropping Pace And The Final Stretch**

I started to drop pace a little at the 32K mark just after exiting the ECP. From then I managed to cling onto the sub-7 pace only at the 39th and 42nd K sections. With some measure of mental urging was I able to keep walking to a minimum and that was because of the cramps to my inner quads. I caught sight of Howard before entering the Kallang Stadium proximity and he was evidently struggling too but credit to him I didn't see him walk. After shadowing him for awhile, I passed him at the 38K mark. Just as I entered the Promenade stretch I caught up with Kenny who was walking. But he's a strong runner and a veteran of more marathons than I and he was able to surge past me soon after. Another surprise was Kelvin whom I encountered just before the Esplanade. We walked and run together and just when I thought I was able to hold the running pace, both my quads seized up. That reduced me to a running form not unlike a puppet-on-a-string. Despite the cheers of bystanders I couldn't flex my knees and I actually stopped and forced some squats out of the legs. Having loosened up the muscles, I resumed running and put in a decent closing performance with a 7:08 and 6:41 en-route to the finish line. I saw Jessica and Rohaizad enthusiastically cheering me at the underpass. Entering the chute, I heard someone shouted my name too. I hit the mat in 4:39.39 (the chip read 4:39.36, so my self timing was pretty accurate) for an approximate PR of 1 minute. I'd finally nailed Singapore. Even though I picked up the pace a bit too soon, I hung on and dug in. With many performing below their own expectations, I really couldn't have asked for more. The weather surprisingly didn't pose too much of a problem, it was a slightly more aggressive pace that got to me than the heat. I really felt that 4:25 was possible. Towards the last 8K I didn't look at my watch anymore as I recorded the splits.

**Post-Race**

I quickly hobbled to the collection tent to submit my chip and collect the medal and T-Shirt but not before grabbing 2 cans of 100 Plus - I saved a can for souvenir. I chatted to Lawrence and Shine for awhile before heading off as I needed to look for my wife and kid. I couldn't locate them and I guessed correctly that they had returned to the hotel to escape the heat. The baggage centre was quite messed up with many disgruntled and exhausted runners waiting far too long to collect their belongings. The hapless volunteers didn't have the leadership to carry out their duties as the bags weren't arranged in order (they had 3 hours to do it after we started!) and the bag tags weren't exposed for easy location. I was



[More photos here!](#)

lucky to visually locate my tag and was out there in 15 minutes. Many others were not so lucky having to spend 2 hours in the hot sun!

I continued my journey back to the hotel and my wife remarked that we're crazy to run in that heat and she also laughed at the way I walked. My doubts of making the trip to Sentosa was stronger than ever but after I soaking in cool water and freshened up, we were out of the hotel room heading to Sentosa. Thus began my 2nd marathon of the day.

The following day, I embarked on my 3rd marathon by visiting the Zoo (where we met Rohaizad!), Orchard Road and Bugis Junction. By the time we drove back to KL, we had managed to cramp in so many things that to find myself still standing is a miracle. I'll be resting for a week after which I'll do some short tempos to prepare for the Mizuno Wave Run. There won't be much of a rest as there are a slew of high profile events coming up in January and March.

#### Looking Forward And Analyses

The [Mizuno Wave Run](#) (10K) in a couple of weeks' time, the [Great Eastern PACM 30K](#) in January and the KL Marathon in March. I was on course for a 4:25 but then I probably started pushing the pace a little too early.

#### Overall Review

##### What worked

1. Expo. Much improved although not much on offer in terms of discounts
2. Number collection was again very efficient.
3. Bananas (although I didn't take) and PowerGels at ECP
4. Quality of vest and Finisher's T-Shirt
5. Expanded Carnival
6. Learning to pee on the run
7. Return of massage services, albeit on a scaled down basis involving just the foot massage. I didn't queue for this either
8. Adequate long runs, twice a day runs during buildup phase, and good shoes

##### Needs Improvement

1. Weather again. However it wasn't the main cause of my slow time and it's not something within our control
2. Start time again.
3. Marina South may not be able to cope with the huge number of runners. Perhaps the organizers can consider moving a portion of the race back to the Orchard stretch?
4. The number of cheer teams have reduced in numbers and enthusiasm
5. 100 Plus missing after halfway mark
6. Baggage handling standards dropped drastically
7. Size of bottled water - needlessly large, too much wastage



#### Previous Singapore Marathon Record

2003 - 5:32 Chip Time

2004 - 5:17 Chip Time

2005 - 4:39 Chip Time (10K - 1:07, 21K - 2:15, 30K - 3:13) [Detailed split chart](#)



<b>Entrant</b>	<b>Jamie Pang Kuan Yu</b>
<b>Event</b>	<b>Marathon</b>
<b>Date</b>	5 December 2004
<b>Country / Race Number</b>	MY / 1982
<b>Clock/Chip</b>	<b>5h:17m:45s / 5h:15m:16s</b>



<b>Entrant</b>	<b>JAMIE PANG</b>
<b>Event</b>	<b>Marathon</b>
<b>Date</b>	Sunday Dec 4, 2005
<b>Division / Race Number</b>	M_MAS / 825
<b>Chip Time / Gun Time</b>	<b>4h:39m:36s / 4h:43m:18s</b>