

jamie's loft > running


[Home](#)
[Life](#)
[Running](#)
[Photos](#)
[Musings](#)
[Home](#) > [Running](#) > [Race Reports](#)
[SUBANG JAYA 10K RACE REPORT](#) by Jamie Pang

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Jinxed Month

June has not been a good month for me. I ended May really badly with a physical "breakdown", followed by a bout of throat infection and then diarrhea in quick succession. There was no training program and the number of times I ran or attempted to run can be counted using both hands. I lost the motivation to train and I couldn't picture myself training for a half marathon much less for a full.

The Threats

Up till race day, a bad sore throat was plaguing me. No amount of Echinacia, Vitamin Cs, salt gargles and antiseptic lozenges could solve the discomfort. As race day approached, my race anticipation thankfully rose as I was curious if I can put another decent 10K performance after my [Cops outing](#) in April. The number of medals offered (100) had something to do with it as well and together with my running mates, we thought that a 52-minute finish would be enough to secure a medal.

Speed-wise I was confident of maintaining a competitive 5 minute pace of only up to 5K. The rest of the way, I'd steeled myself for pain, and was going to count on grit to pull me through. My natural enemies are [Kenneth](#), Jason and Phyllis. Tey and Ajeep are missing from my list as Tey has recently unlocked his speed power while Ajeep is on the long term crotch-list having rode his bike into a pothole breaking his collarbone. Kenneth is the main threat despite saying that he had been down with flu. One suspects psychological warfare at work here. [Der_Pacemakers](#) are getting to be a real competitive lot!

Race Plan

I reached the Taipan car park with 45 minutes to flagoff and after registering myself, promptly got down to warming up at the field with some strides. Because of the cool weather - it had stopped raining just 30 minutes before I got there - I had to work harder to break sweat. I had psyched myself up by blasting the [Episode 3](#) score in my car and the Force Theme was still ringing in my ears. My cough was seemingly under control and I'd begun to catch glimpses of the usual faces - Jason, Phyllis, Tey, [Azwar](#), Lawrence, Martin (who's on the comeback trail!). No sight of Andreas though. Once again, the race plan was simple. Start strong and hope to hang on for as long as I could.

"Gua Iyong 85% Effort Saja"

In case you're wondering, that's colloquial for "I'm only using 85% effort". After discovering his potential recently, that would be Tey's usual remarks after an astounding run. I witnessed what "75%" meant when he motored past the lot at the start! In the starting frenzy, I thought I saw smoke emitting from his NBs! With nary a wave and with no camera and "secret powder" weighing him down, he was away in a flash. Heck, everyone was already hammering a fast pace. I ran close to Cheah Mei Mei. Jason was in front as usual, near Kenneth. [Rohaizad](#) just behind me. [Justin](#) who made his way to the front of the starting pack just before the flagoff must've blasted off in his new [Prestos](#). Same for CM (PM17), whom I lost sight of almost immediately after the start.

First 5K

I passed Ken Kan soon after the start but had Kelvin (PM2) and Karim (PM15) overtook me before the Summit Mall's traffic lights. I noticed that Kelvin aka Der_Buluman had registered under the Men's Open category instead of his Men's Junior Veteran and promptly got down to ribbing him. Choo, Tey's friend, also briefly led me. After passing Kenneth, I upped my tempo just a tad and the momentum took me past Choo.

Final 5K

As expected this part of the race was tough. While I was able to keep my pace, my lips were getting very dry. I had to continuously lick them to keep them moist. My cough problems didn't surface which was surprising considering my



Happy looking fella, this one is

hard effort. There was to be no water station though we were lucky the air was cool enough.

All these while I was running my own race. I had no interest to particularly overtake anyone and when I do, it was due to my sustained pace rather than a surge. It was at this later stage that I managed to pass Karim. The course rose and drop but all the while curving so much so that you can see where it ends. The final 1.5K was the toughest as my legs were getting heavier and strides shorter (though I managed to sustain the turnover rate). The climb didn't help and at this point I saw Tey, Adam and Li Sar on the other side of the road heading into the track.

I didn't look back to see Kenneth, Jason and Phyllis's positions but as I turned into the final stretch I saw them. They're not really that far behind and for a moment I was afraid that they will come bearing down on me. Labouring on, I hit the track and reached the finishing chute.

You Know It's a Tough Race When...

...you run a 49 minute 10K and still ended up in 148th position. Yes, my time was **49:55.80** but with a **148th position**, there was no more medals for me. But I was damn delighted with how I fared. Since this is an accurate course (measured by Justin and [Kenny](#) - both in prize winning positions - a few days before), I'll take this as my 10K PR as I'd over 3 months lowered my 10K time making it twice in achieving my 2005 10K target. There are a few prize winners in Der_Pacemaker team with Ah Toh, Ronnie (position 17th), Azwar, Justin, Kenny all clutching their wrapped prizes. Not only that, I believe quite a few PRd too: Kenneth and [Julian](#), among others. Even CM didn't go home empty handed having won his medal with a 98th placing - yes, he's still cutting it close!



Back row: Jason, Kenneth, Kenny, Azwar, Friend, Siew Mooi, Karim
Front: Adam, Jamie, Ronnie, Justin

There's Hope

Now that's Subang done and over with, there'll be no races for me until the Klang 10K on July 31st. That gives me sufficient time to recover completely as well as to put in some training. In understand that the Klang course is undulating and a little short of 10K, so that'll require some work as well. For now, I'll take 49:55 as my new 10K PR as the old one was done way too long ago in 1992 on a course that I'm sure is not as accurate as this one.

One Fella's Home Run

The morning didn't end at the track. Many of us adjourned to Justin's home to celebrate his birthday (actual date June 30th). It was going to be a surprise and I'd brought along my miniature Millenium Falcon model for him, him being a Star Wars fan. Read more about the [birthday celebration here](#).



One happy family

More Race Reports

In short, Der_Pacemakers really rocked the race and there are tons of race reports out there. Be sure to check out the [official team results here](#) as well as reports from [Justin](#), [Julian](#), [Kenneth](#), [Rohaizad](#), [Ronnie](#), [Azwar](#), [Tey](#) and [Kenny](#).

Jamie Pang
June 26th, 2005