

Magnolia Newsletter

April 2010 (no 16)

Visit our web-site www.magnoliaroadrunners.co.za

Editor can be contacted at 012-842 2566 W, 012-361 2965 H, 082 578 3935 or cbillau@ford.com for any enquiries

Take care on the roads and make sure that you are visible and safe at all times.

Saturday 24th April -15 /30km long run

Janeen will be organizing a 15 / 30km long run on Saturday morning from the clubhouse with car support. Start at 6h00 from the clubhouse. Everybody welcome

Club clothing

Ladies Crop Tops and running vest: New stock with Run-Away Sports.

Tracksuits: Will be dispatched on Thursday and will be available at the clubhouse soon after the embroidery has been completed.

Comrades

- **Comrades SUPPORTER T-SHIRTS**

Order will be placed on Friday.

- **Comrades Kerk Diens (NG Oosterlig Kerk) - 2 Mei tweede diens – starts @ 10:00**

Ds Herman Nienaber

Kontak asseblief vir Elzette as jy meer besonderhede wil he. 012 347 3361, 082 292 3725

elzette@timestalent.co.za - dink ons moet so 09:30 bymekaar kom

H/v Hugo- & Leastraat, Waterkloof Glen

All runners/walkers and non Magnolia members are welcome

NOTE: anybody interested in having coffee after the church service, Janeen has agreed that we can all invade her home for tea and muffins (Mike is making). Please RSVP to Janeen janeen@icon.co.za

- **Thank's to the following sponsors for items to go in our goody bag:**

- **Colgate** for again sponsoring various Colgate products, Sue thank you

- **Mimmo's Brooklyn** for partially sponsoring our Dry Fit Top

- **Sportron International (SPN)** will sponsor one Endro Energy Gel sachet per Comrades entrant.

- **CPS QS** for the large cash donation, thanks to Dries Prinsloo

- **Individual donations** received from the following members, again thank you:

Dieter Gloeck, Kevin and Ina Lombard, Colin and Jenny Billau, Mike and Janeen de Klerk, Ronald and Ina Lagerwall, Antonie Bam and Elizna Swart, Marianne and Johnny De Mesquita

- **Collection of Qualifying Times and Club details update – do not miss the 26 April deadline**
ONLY 8 DAYS LEFT

Birthday wishes - enjoy your special day

Judas	Ntuli	20	April
Michelle	Essink	21	April
Hendrik	Kotze	21	April
Wouter	Kritzinger	21	April
Darshan	Lakhoo	22	April
Ryk	Visser	23	April
Deon	Marais	24	April
Miroslav	Dimitrov	28	April
Ronald	Lagerwall	1	May
Kristell	Prinsloo	1	May

Welcome to our new members to the Magnolia family

Rick Kreunen

This week's Thank You's goes to:

1. A big thank you to Jenny for all the hard work in getting the accommodation together and for manning the club tent on Sat. The sandwiches were great and appreciated by all. We over 64 participants in the 50 and 21km races and our tent was alive with people, thanks to all those members that visited the tent on Saturday.

2. Tinus for collecting our new club gazebo's from Midrand
3. Dave for taking the club trailer to Loskop.

YEAR PLANNER - NEXT 3 MONTHS

- Next Social: Bring and Braai 4th May
- Next Club Tent:
- Away Race: Loskop Ultra Marathon 17th April
- Comrades Church service – 2nd May
- Comrades Chairman's Run and Union Building photo session – 24th May
- Comrades Club Captains braai – 24th May

April / May Races and Training sessions

Weekend training sessions

To lift your spirits, join a running group. The change in your routine should help revive you, and the camaraderie will add a social element to your long runs / walk.

Running: Sunday run starts @ 06h00. A vehicle travels with the group, at the pace of the slowest runner and provides cold water, coke and powerade every 3 km. No fixed route and we travel in a different direction every week. All runners are welcome, even if you belong to another club. Please contact our Club Captain **Tinus 083-304-7054**

If you are not running the Saturday's race, come and join our SLOW session aimed at beginners wanting to build up to their first ½ marathon. The pace is between 6.20 to 6.40 minutes per KM. This group is ideal for beginners. **Sat run starts at 06h00.** Please contact **Colin 082 578 3935** for more details.

Walkers: Start 06h00. The group consists of both male and female, from the average to top walkers. These sessions are ideal for runners returning from injury. All are welcome. Please contact **Suresh 082 446 6880** for more details

<u>Organised weekend training sessions starting at the clubhouse (NOTE starting times)</u>					
Sat	24 April	Long Slow Run	15/30	06h00	Colin 082-578-3935
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	25 April	Organised Run (car support)	26	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sat	1 May	Long Slow Run	20	06h00	Colin 082-578-3935
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	2 May	Organised Run (car support)	18	06h00	Tinus 083-304-7054
		Church Service 10h00			
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sat	8 May	Long Slow Run	15	07h00	Colin 082-578-3935
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	9 May	Organised Run (car support)	20	06h30	Tinus 083-304-7054
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sat	15 May	Long Slow Run	15	07h00	Colin 082-578-3935
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	16 May	Organised Run (car support)	20	06h30	Tinus 083-304-7054
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sat	22 May	Long Slow Run	10	07h00	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	23 May	UNION BUILDINGS PHOTO SESSION (car support)	13	07h00	Tinus 083-304-7054
		Normal Club walk Union Buildings	13	06h30	Suresh 082-446-6880

Pre-entry Race closing dates and details (away races and PRE-ENTRY ONLY)

- **Cradle of Humankind 10 / 21** – www.enteronline.co.za race date 27th April
- **Colgate 15 / 32km** - on line entries close 16 April www.enteronline.co.za Race date 8th May
- **Closing dates for pre-entries – local races only (can still enter on the day)**
- **Wally Hayward** - on line entries close 27 Apr www.enteronline.co.za + all Sportsmans warehouses race date 1st^h May
- **Jackie Mekler 25km** - on line entries close 1 May www.enteronline.co.za + all sport shops Race date 8th May

<u>Race Calendar and key dates</u>		
24 Apr 06h00	Mazda 15km Cost: R35 – 15km	Venue: Ford Sports and Recreation Centre, Watloo, enquiries Robert 083 231-0324 :
05 May	Exxaro Night Race Series NEW race on calendar Cost: R20 (NOTE NEW DATE (WAS 27 APRIL))	Voortrekker Monument Contact: Dirk Lourens 083 609 1438 or Winston Fisher 082 781 2794 Pre-entries #, \$ and &
1 May 06h30	Wally Hayward 42 / 21 / 10 Cost R70 – 42.2, R40 – 21.1, R30 – 10km	Hoerskool Zwartkop Mopanie Rd, Centurion. Enquiries Mike 082 4357
08 May 06h00	Jackie Mekler 25km / 10km RUN LEAGUE RACE Cost: R45 -25 and R25 -10km	Pretoria Military Sports Grounds, Thaba Tshwane (Voortrekkerhoogte) Pre-entries #, \$ and &

Legend for Hand delivery addresses: # - Run-Away-Sport 361 3733, @ - Varsity Sports, \$ - Running Inn 362 7322 (new number), % - Sportsman's Warehouse, & - The Sweat Shop (Southdown) 665 0048, = - Base Runners or ON-LINE entries - ^^ - www.enteronline.co.za ++ - www.saactive.com

2010 Running (RR) / Walking League Races (RW)

Please enter the below league races to maximise the amount of league points scored for the club (RR – Road Running & RW – Road Walking)

DATE	EVENT	LEAGUE			CHAMPIONSHIPS	
		Club	RR	RW	RR	RW
8-May	Jackie Meckler	PMMC	10 & 25 KM			
22-May	Muller Potgieter	VTM		15 KM		

Achievements

Please e-mail all your race achievements to **Paul Laubscher** at paul.laubscher@gmail.com or 012-844-0744 Work or forward to me. All runners participating in walking events, please contact me for your walking results to be recorded. **Our database already includes over 34 000 recorded race times. Contact Paul if you want all your own personal race results.**

CONGRATULATIONS TO: Linda Potgieter who was the first Master lady and Noel Laurie who was the 2nd Grand Master at the Loskop 21km this weekend

Time Trial

1 st and 3 rd Tuesday of month	Opposite Magnolia Club house (Runners & Walkers) Official start time:17h30	3, 5, 6, 8, 9 km	Select your distance. Time is taken and recorded. Walkers 3km. Some walkers start at 17h00 and do 6 km, last 3 recorded
20 th April	Time Trial (3, 5, 6, or 8km)	5h30	Clubhouse
27 th April	800 meter sprints	5h15	Contact Freddie for details 083-347-5040
4 th May	Time Trial (3, 5, 6, or 8km)	5h30	Clubhouse
11 th May	800 meter sprints	5h15	Contact Freddie for details 083-347-5040
18 th April	Time Trial (3, 5, 6, or 8km)	5h30	Clubhouse
25 th April	800 meter sprints	5h15	Contact Freddie for details 083-347-5040

Thanks to Freddie for recording the time and to those few who participated in last week's Time Trail.

News Corner / Race Reports

Have you recently run / walked a fun, unique, local, inspiring race or your first 10, 21, marathon and would like to share your experiences with us? If so, please tell us about it by e-mailing a short race report (English or Afrikaans).

Run-Away Sport shop moving location

Run-Away Sport is moving shop location, **they will remain on the same floor in the Sanlam Centrum Glenfair**, but as from the 1st June they will be moving to a new shop location - 2 shops to their right where Berlina Sewing shop used to be located.

Race fixture changes

- 1) The Wed
- 2) The venue of the Brooklyn School event 29 May 2010 changed from the school to the Jacaranda Shopping Centre 18 Avenue Rietfontein.

No races during World cup soccer tournament (01 June to 15 July) - Commander: Operational Support

Please take note that the Event Section (Metro Police) **WILL NOT** approve "public" events from the period 01 June 2010 – 15 July 2010 due to the 2010 FWC and prioritization of resources ensuring the successful running of the 2010 FWC event as well as executing our day-to-day policing tasks within the City of Tshwane. Only approved City events related to the 2010 FWC as well as applicable parallel events will be allowed and policed. This decision was endorsed by our management as well as the ProvJoints (as SAPS also do not have additional resources).

E-mails received

- Colgate 15 / 32 entry info / procedure

Please advise friends, family and the road running community that we have extended entry sales at shops and online. Please see below:

THE COLGATE 15/32 road race and 5km fun run will take PLACE ON SUNDAY, MAY 09, 2010 STARTING AND FINISHING AT THE BOKSBURG CITY STADIUM, JUBILEE roads, BOKSBURG SOUTH.

ENTRIES for 15/32 are pre-entry only, Entries for the 5km is on race day only from 5:00 ONWARDS

Entries will be accepted Sportsmans Warehouse - East Rand Value Mall, Sweat Shop 0 Jan Smuts Avenue and Irene and Runaway Sports in Pretoria until Sunday April 25, Vreni Welch at Rand Athletic Club Time Trials and at the Jackie Gibson on Sunday April 25. On line entries are open until Friday April 30.

Entries will also be taken at the Boksburg Athletic Club – Room no. 2 at the Boksburg City Stadium from 09:00 – 12:00 (Monday to Friday) and again on Saturday May 08 08:00 – 16:00 in the information kiosk.

Race Details:15/32km race starts at 06:30. 5km starts at 07:00, Junior Star Dash at 10:00

Entry fee : R60 for the 32km, R40 FOR THE 15KM, R10 FOR THE 5KM FUN RUN. Star Dash is free. Temp Licence R15 for the 15km and R25 for the 32km.

If you have any other queries please leave a message or send a fax on 086 618 4488.

PLEASE NOTE THAT MY OFFICE HOURS ARE 08:30 – 12:45

Thanks and have a great day.

Linda Vogel

- Dear Colin,

The word "THANK YOU" is so easy to say and we never know whether it is meant or just out of habit. I honestly want to thank you and all involved in making Sunday 11 April 2010 an unforgettable event !!! I am sure it took a lot of planning, effort, time, preparation and a lot of stress.

I can really just commend on a JOB WELL DONE (if one wants to see it in that light) - All went smooth (or from my point of view it did). I did not hear anyone on the road complaining nor giving bad comment about a water point nor something that was not to their "taste". Even the weather "you" ordered was perfect hahahahahahahahahahaha

I cannot point out anything in particular (entry, road markers, water points, "Helpers", etc.) that stood out above anything because EVERYTHING and EVERYBODY involved were "PERFECT" (so to speak)..... BUT I must comment on Jenny's chocolate cake - It was an absolute WINNER on 51km's completed JENNY you made (or the chocolate cake) the last 9km's seem like "nothing" Thank you for such a lovely and tasteful surprise !!!!! (Not to mention my "gift" at the end of the "race").

I don't know how many people participated on Sunday but the water tables were stocked from beginning to end - even the "slower runner" (like myself) did not loose out on anything - Each round (and that for me was 4) at the 5 water tables I could pick and choose - by the way I'm going on, one would say I was only there for the treats ☺

Once again, THANK YOU for organizing such a wonderful day I completed the 60km's and would recommend this to anyone !!!!!

Warmest regards, Charmain van der Merwe (CSIR)

- Baie dankie vir sondag se longrun . Die organisasie was puik en die waterpunte uitstekend.

Weereens baie dankie, Okkie swan

- Hi Colin

Hope you are well. Thanks for the very well organised long run on Sunday, I was proud of being a Magnolia member! It was the first time I did the full 60km, although it was tough at times, it was good fun and well organised. I could see there was lot of effort being put in, and I think it will pay off for Magnolia from a marketing point of view.

Thanks. **Henk Badenhorst**

- Beste Colin en Jenny

Ek wil net baie dankie se vir 'n heerlike naweek. Jenny baie dankie vir al die heerlike broodjies wat jy gemaak het Saterdag.

Dankie ook vir die reelery met die braaivleis en ontbyt. Ons het baie lekker gekuier en gesels met almal en ek is baie bly ons het by Magnolia Klub aangesluit.

Lekker week.

Groete, Louiza

- **Comrades Bus (there are now 4 buses leaving from PTA)**

Hi Collin, I had to start a second bus, can you please place the detail in your newsletter, unfortunately the price has gone up to R1300 due to the bus availability. **Contact Dirk Olivier (W):012 358 7848 (H)012 345 6222 086 510 8825**

- SMS – Hi thanks to you both for all the planning and work with the weekend, we had a good time Janeen and Mike de Klerk
- Thank to you and jenny & all the others that helped with another wonderful & pleasant Magnolia tentexperience. Charl Crouse
- **SMS – URGENT Isabel soek lift die 26ste Mei Donderdag of na Amanzimtoti toe en 31 May terug PTA toe. Bly in Stella Maris. Thanks Isabel. Cel 083 772 9027**

RACE REPORT

Het Saterdag weer die eerste keer na ons Moz trip gaan draf. Miskien was ek net nie reg die afgelope drie of wat weke nie. Miskien was dit in die kop. Miskien was dit 'n donker wat in die hart le^

Maar Saterdag het ek weer die moed bymekaar geskraap.

Bang opgewonde saam met die ander drawwers in die winterkoue gewag dat die skoot moet klap en dat ons die ritme van die pad moet vind. Die eerste paar honderd meter gebondel tot elkeen sy plekkie op die pad gekry het. Maar sommer gou was dit swaar. Die eerste twee kilometers moes ek hard werk. Die bene het sommer vroeg begin pyn. Die moeg het gou vlak kom le^ . My asem het gejaag. Ek het dit werklik ernstig oorweeg om te stop en terug te draai. Ek het dit oorweeg om te faal. Ek het oorweeg om te misluk. En die eerste bult het nog voorgele^

Miskien was dit die wete dat ek die opdraand in die bed eens sit wat die verandering gebring het. So driekwart teen die bult uit het die pyn en die ongelooflike moeg wat bykans ondraaglik was skielik weggegaan. Was dit omdat my logika opgeraak het? En die dink min? Was dit omdat ek nie meer omgee het oor dinge soos tyd en mooi draaf en klaar maak en die mense om my?. Dit was maar net ek en die 5 meter stukkie pad wat in my visie was wat nou nog saak gemaak het. En die geluid van my skoene op die teer. En die ritme wat gerustellend begin werk. En jou asem wat in harmonie met jou draaf ritme begin dans. En dan begin jou gedagtes leeg te vloei. En 'n kalmte kom maak nes in jou. En dan ontvug jy na daardie geheime plek waar jy jouself eerlik ontdek en slegs die natuurlike ritme van liggaam en siel jou dra na die einde van jou volgende 5 meter. En jy blind raak vir alles rondom jou en jy iets anders ontdek. En elke 5 meter 'n oorwinning in homself is.

En dan skielik sien jy daar is nog twee kilometer oor en die ou natuurlike oerkrag kom terug en jy hardloop nie meer op jou natuurlike energie, maar op 'n geestelike energie en jy begin jou spoed versnel en skielik is jy vry, soos 'n voel in die lug, en alles raak duidelik en jy sien alles rondom jou in die fynste besonderhede en jy kyk boontoe, na die blou vlieswolke en jy lag en jy besef wat die belangrikste was, was dat jy begin hardloop het.

En dan skielik is die eindstreep daar en die horlosie vertel die treurige verhaal van 'n stadige 2 uur en 8 min se hardloop aan 21 kilometer. En jy staan in die tou om jou kaartjie terug te gee. En jy ontvang 'n stukkie medalje en jy gaan sit sommer daar eenkant en kyk na die stukkie yster in jou hand en jy begin huil en jy wonder hoekom jy huil. En jy kyk na al die vrolike bly moeie laggende mense wat mekaar geluk wens by die eindstreep en jy besef die belangrikste was dat jy dit gedoen het en besef jy dat jy nie werklik alleen is maar dat die stukkie medalje ook 'n storie het om te vertel

Piet Visser (CSIR)

Charl, Janeen, Henk, Okkie, Piet, your contribution and articles, as always is much appreciated. Thanks guys

Sport products available from the Magnolia Club House on Tuesdays

Short cut to Pain Relief, do you suffer from sore muscles, backache, arthritis, muscular strains, sprains and running related injuries. **MSM RUB, an unique high potency formula MSM cream combination of natural oils and extracts that provides fast effective relief of pain that lasts.**

The MSM RUB 80g = **R70.00** (Magnolia have sponsored R6) or contact Ghardi on 079 560 7171 (Please mention Magnolia as your reference)

Internet Articles

Runner's Diet - EDIBLE REMEDIES By Matthew G. Kadey, M.Sc., R.D

Stay healthy—or get better faster—with supercharged healing foods and drinks.

From the April 2010 issue of Runner's World

Runners know that wearing sunscreen lowers their chance of developing skin cancer, and that carrying an inhaler can combat a midrun asthma attack. What many don't realize is that what we eat and drink also protects us from these and other health issues. While not meant to replace medicine, some foods and beverages can help decrease risk of certain diseases or ailments, as well as reduce symptoms if they occur. "From stress fractures to infections related to training, the right food choices can be just what the doctor ordered," says dietitian and marathoner Jackie Dikos, R.D. To boost the healing power of your next meal, stock your pantry or fridge with these nutritious prescriptions.

HEALTH CONCERN: STRESS FRACTURES

What begins as a barely-noticeable crack in a bone can progress into chronic pain—and a season-ending fracture.

SLICE AVOCADO A 2008 University of Buffalo study found that runners who suffered the most stress fractures consumed significantly fewer calories from fat than noninjured runners. "Runners who restrict their fat intake may not eat enough calories to keep up with training demands," says Dikos. Dietary fat is also needed to absorb fat-soluble nutrients, including [vitamin D](#), necessary for bone health. Focus on healthy unsaturated fats from avocado, nuts, seeds, and olive oil.

POUR MILK A 2008 study in the Journal of Bone and Mineral Research reported that female Navy recruits who took extra calcium and vitamin D for eight weeks had 20 percent fewer stress fractures than women who consumed less. "The body uses calcium to build and repair bones, while vitamin D is the primary regulator of calcium absorption," says Dikos. Milk is one of the few foods that contains this bone-building duo.

HEALTH CONCERN: IRON DEFICIENCY

Iron helps carry oxygen to muscles, so low levels make you less aerobically efficient, reducing your endurance. "Iron depletion isn't that rare in runners," says Dikos, who explains you can lose the mineral through the GI tract, sweating, and menstruation.

SEAR PORK TENDERLOIN The "other white meat" has iron levels similar to those of its beef counterpart but at an easier to swallow price. You also end up with a third less fat on your dinner plate along with way more thiamin and riboflavin—two B vitamins that are involved in energy production from food.

CHOP RED BELL PEPPER The body absorbs up to 33 percent less of the iron found in plant foods (such as beans, lentils, tofu, [whole grains](#), and spinach) than the type present in meat. But eating these plant-based iron sources with vitamin C changes the iron to a more easily absorbed form. Red peppers contain more vitamin C than most other veggies and fruits—including oranges.

HEALTH CONCERN: EXERCISE-INDUCED ASTHMA

Even runners who have no other triggers can experience an exercise-induced asthma attack, which constricts your airways, making it difficult to breathe.

BREW COFFEE Good news for those of us who like a prerun [java jolt](#): An Indiana University study discovered that asthmaprone runners who were given caffeine (1.4 to 4.1 milligrams per pound of body weight) one hour before exercise experienced less wheezing, coughing, and other asthma symptoms. Caffeine may relax airway muscles, making it easier to breathe.

GRILL SALMON The heart-friendly [omega-3s](#) found in fatty fish, such as salmon, mackerel, sardines, and trout may help reduce airway narrowing, making it easier to breathe during exercise, according to additional research from scientists at Indiana University. Omega-3s help squash the release of inflammatory compounds. Aim for at least two servings of fatty fish per week, or consider taking a daily 1,000- milligram fish-oil supplement.

HEALTH CONCERN: INFLUENZA

Hard training temporarily weakens the immune system, leaving you vulnerable to the sniffles and chills.

SPOON YOGURT A study of distance runners published in the 2008 British Journal of Sports Medicine found that taking probiotics daily for one month can more than halve the length of time you experience symptoms of an upper-respiratory-tract infection. The beneficial bacteria boost levels of an immune system molecule that is a key player in fighting viral infections. To be sure the yogurt you're eating contains probiotics, look for the "Live & Active Cultures" seal.

BITE APPLES Quercetin, a flavonoid found in apples, as well as grapes, onions, and tea, may lessen runners' susceptibility to upper-respiratory infections, which often occur during periods of intense exercise. The 2008 study from the University of South Carolina found that quercetin, a potent antioxidant, appears to stymie the replication of viruses in the body. All of an apple's quercetin is concentrated in the skin, so leave the peeler in the kitchen drawer.

HEALTH CONCERN: SKIN CANCER

Exercising outside exposes runners to a regular dose of ultraviolet rays—a major initiator of cancer- and wrinkle-promoting skin-cell damage.

NIBBLE BRAZIL NUTS They're nature's richest source of selenium, a mineral with antioxidant properties that may lessen ultraviolet radiation skin damage. In fact, according to a 2009 Australian study in the journal *Cancer Epidemiology, Biomarkers & Prevention*, higher blood levels of selenium may reduce skin cancer risk by as much as 60 percent.

STEEP GREEN TEA In a 2009 study, researchers at the University of Alabama concluded that green tea is packed with polyphenols that may protect against UV-induced tumor development by reducing skin inflammation and DNA damage.

MOTIVATION BOUNCE BACK FROM ANY SETBACK

The five stages of getting over a bad race experience - and running better next time

Posted: **11 February 2010** by Kelly Pate Dwyer and Ruth Emmett

You've trained for months, but race day arrives and something disastrous happens: a bad night's sleep has drained your energy, a freak hailstorm slows you down, a killer cramp forces you to walk. Was it still worth it? Of course it was, if you heed what went wrong.

"A bad race can be a stepping stone to a breakthrough performance," says running coach Mark Wallis (markdwallis.com) "Working through a challenging experience helps you develop mental strength and perseverance." These five post-bad-race stages will help you reset your mindset.

1. Immediately after: WALLOW (A BIT)

"It's natural to be disheartened when things get tough," says Mark O'Hara, author of *The Winner's Monologue*. Cry, mope, blog, vent to a fellow runner. Do what you need to for a day or two - it'll help you move on. "Just remember why you have such an emotional attachment to the sport," says O'Hara.

2. The morning after: FIND A POSITIVE

Wallis says finding the silver lining will help you get over it. "If you were able to adapt and work through it, consider the race a success," he says. "Focus on something positive that came out of it, whether it's running through a different city or getting a new race T-shirt."

3. A week later: ANALYSE IT

Once your emotions settle, review your training plan, diet and race-day strategy. "Every race is a puzzle," says coach Jeff Horowitz, author of *My First 100 Marathons* (£15.99, Skyhorse Publishing). "Look for clues to solve it." Did you rest enough during your taper? Did you go out too fast? Did you drink enough leading up to - and during - the race? What went wrong is sometimes within your control.

4. Two weeks later: SET NEW GOALS

Remember that Paula Radcliffe dropped out of the 2004 Olympics, but three months later won the New York City Marathon. If elites allowed themselves to get caught up in a single bad race, they'd be out of work. Adopt this mindset.

"Your running career isn't about one race," says sports psychologist Neal Bowes (simplypg.com). "Use disappointment to fuel your next success." Just make your next goal manageable. If you struggled with mileage, target a shorter distance and set smaller goals along the way. A few 5Ks will calm those butterflies before your next big race.

5. Before your next race: MANAGE EXPECTATIONS

Before you toe the line again, remind yourself that your performance - good or bad - doesn't define you. Running is part of a healthy lifestyle; it can make you feel stronger, happier and saner. Those benefits outshine any post-race glow.

Embrace The Process

Sports psychologist Neal Bowes recommends being process-focused rather than outcome-focused. Here's how to enjoy your journey to the finish line.

Outcome-focused: You focus on a highly ambitious, perhaps unrealistic time goal

Process-focused: Your time goal is based on training runs and recent races. You also focus on mindset, pacing, fuelling and nutrition.

Outcome-focused: Your confidence as a runner is based on race times. You're driven by how people will view your achievements

Process-focused: Your confidence is based on your ability to execute a race plan, your development as a runner and the role running plays in your life.

Outcome-focused: Your routine is strict - you train through pain and risk injury.

Process-focused: When you notice a potential sign of trouble, you back off and give your body time to rest

Outcome-focused: You measure race-day success in terms of times and placing. If you miss a goal time, you feel like a failure.

Process-focused: You measure race-day success partly on times and placing, but also on the experience itself. You learn from mistakes and come back stronger.