



RRR 5 Miles Race Report - 8th November 2013

It was a big turn out again last week (8th November) for the 5 mile Riyadh Road Runners race at Ishbilia compound. 129 runners completed the course, in the 5th event of the 2012/13 season, and the race was followed by a brunch in the compound restaurant.

Open runners Alberto Reguero and Antonio Rodriguez Castellanos took first and second place respectively, Alberto won the race with a time of 31 minutes and 54 seconds. Alberto crossed the line three seconds later, at 31:57. Third overall was veteran runner Russ McArthur, who came in at 32 minutes and 2 seconds, beating his last five mile time by 24 seconds. Gerd Muetze took third place in the Open category with a time of 32 minutes and 26 seconds.

Winner of the female runners was, for the third time this season, junior runner Pheobe Lloyd-Evans. She crossed the line at 35 minutes, easily winning her category, and making her the eighth runner to complete the course. Veteran runner Kerstin Kick Veteran came in second place overall and first in her category for the fourth time this season. Third female was Carolina Bohorquez who crossed the line with a time of 37 minutes and 48 seconds.

In the veteran category (40-49 years), it was Chris Pullar who came in second, after Russ McArthur with a time of 37 minutes, 24 seconds, closely followed by Constantino Cardalliaguet (37:29).

Master runner Martin Kooij was first in his category with 39:44. Behind him came William Burgess and Ian Sutherland, with times of 40:09 and 40:19 respectively.

The next race will be a 10 mile race, the second of the season. See the website for more details www.riyadhroadrunners.com.