

Nelson Slagle Memorial Boeing Lunchtime 5K September 14, 2026 #487 - 9/14/2026**www.socaltiming.com****Seal Beach Plant****Rankings****Mixed 5k Run RR**

Comp#	Name	School	Time	Points
1	47 McKiernan, Gavin	M52 Unattached	22:53.61	
2	22 Araujo, John	M68 Unattached	25:46.65	
3	31 Law, Nina	W64 Unattached	26:10.44	
4	19 Parker, Randy	M65 Unattached	26:56.53	
5	64 Sohaskey, Laura	W68 Unattached	30:14.06	
6	30 Terrell, Richard	M72 Unattached	30:52.80	
7	20 Wetterhahn, Ralph	M84 Unattached	34:19.80	
8	83 De Jong, Michelle	W57 Unattached	36:02.52	
9	15 Heller, Jim	M79 Unattached	36:57.04	
10	7 Scianni, Jim	M75 Unattached	40:48.11	
11	77 Browne, Paul	M88 Unattached	41:04.77	
12	80 Ytzen, Richard	M69 Unattached	44:18.15	
13	14 Soohoo, Kie	M70 Unattached	46:43.11	
14	11 Shunmugavel, Raji	W69 Unattached	48:49.20	
15	122 Rice, Richard	M62 Unattached	49:53.23	
16	66 Rice, Bob	M91 Unattached	49:55.06	
17	1 Parsel, Dave	M71 Unattached	54:14.54	

AGE GROUP RESULTS

Name	Age	School	Avg Mile	Finals	Points
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50-59 Results - Women 5000 Run

1	#83 De Jong, Michelle	W57 Unattached	11:36.1	36:02.52	
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60-69 Results - Women 5000 Run

1	#31 Law, Nina	W64 Unattached	8:25.5	26:10.44	
2	#64 Sohaskey, Laura	W68 Unattached	9:43.9	30:14.06	
3	#11 Shunmugavel, Raji	W69 Unattached	15:42.9	48:49.20	

50-59 Results - Men 5000 Run

1	#47 McKiernan, Gavin	M52 Unattached	7:22.2	22:53.61	
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60-69 Results - Men 5000 Run

1	#22 Araujo, John	M68 Unattached	8:17.9	25:46.65	
2	#19 Parker, Randy	M65 Unattached	8:40.4	26:56.53	
3	#80 Ytzen, Richard	M69 Unattached	14:15.6	44:18.15	
4	#122 Rice, Richard	M62 Unattached	16:03.5	49:53.23	

70-79 Results - Men 5000 Run

1	#30 Terrell, Richard	M72 Unattached	9:56.4	30:52.80	
2	#15 Heller, Jim	M79 Unattached	11:53.6	36:57.04	
3	#7 Scianni, Jim	M75 Unattached	13:08.0	40:48.11	
4	#14 Soohoo, Kie	M70 Unattached	15:02.3	46:43.11	
5	#1 Parsel, Dave	M71 Unattached	17:27.6	54:14.54	

80-89 Results - Men 5000 Run

1	#20 Wetterhahn, Ralph	M84 Unattached	11:03.0	34:19.80	
2	#77 Browne, Paul	M88 Unattached	13:13.4	41:04.77	

90+ Results - Men 5000 Run

1	#66 Rice, Bob	M91 Unattached	16:04.1	49:55.06	
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