

Nelson Slagle Memorial Boeing Lunchtime 5K October 13 2025 #476 - 11/10/2025**www.socaltiming.com****Seal Beach Plant****Rankings****Mixed 5k Run RR**

Comp#	Name	School	Time	Points
1	47 McKiernan, Gavin	M51 Unattached	21:42.18	
2	22 Araujo, John	M67 Unattached	21:47.27	
3	69 Hilton, James	M61 Unattached	24:25.51	
4	31 Law, Nina	W63 Unattached	25:18.62	
5	19 Parker, Randy	M64 Unattached	26:02.21	
6	92 McIntyre, Tim	M65 Unattached	26:10.27	
7	64 Sohaskey, Laura	W67 Unattached	27:30.09	
8	2 Rahl, Emmett	M54 Unattached	29:20.97	
9	145 Cruz, Ty	M30 Unattached	29:49.22	
10	30 Terrell, Richard	M71 Unattached	30:25.99	
11	86 Deprez, Johan	M67 Unattached	31:21.53	
12	7 Scianni, Jim	M74 Unattached	35:44.18	
13	42 Salas, Rick	M78 Unattached	35:44.68	
14	15 Heller, Jim	M78 Unattached	36:00.24	
15	82 Graff, Irene	W62 Unattached	36:17.77	
16	80 Ytzen, Richard	M68 Unattached	37:23.89	
17	11 Shunmugavel, Raji	W69 Unattached	43:11.53	
18	66 Rice, Bob	M90 Unattached	44:33.28	
19	122 Rice, Richard	M61 Unattached	44:34.89	
20	1 Parsel, Dave	M70 Unattached	49:50.77	

AGE GROUP RESULTS

Name	Age	School	Avg Mile	Finals	Points
60-69 Results - Women 5000 Run					
1	#31 Law, Nina	W63 Unattached	8:08.8	25:18.62	
2	#64 Sohaskey, Laura	W67 Unattached	8:51.2	27:30.09	
3	#82 Graff, Irene	W62 Unattached	11:41.0	36:17.77	
4	#11 Shunmugavel, Raji	W69 Unattached	13:54.2	43:11.53	
30-39 Results - Men 5000 Run					
1	#145 Cruz, Ty	M30 Unattached	9:35.9	29:49.22	
50-59 Results - Men 5000 Run					
1	#47 McKiernan, Gavin	M51 Unattached	6:59.2	21:42.18	
2	#2 Rahl, Emmett	M54 Unattached	9:26.8	29:20.97	
60-69 Results - Men 5000 Run					
1	#22 Araujo, John	M67 Unattached	7:00.8	21:47.27	
2	#69 Hilton, James	M61 Unattached	7:51.7	24:25.51	
3	#19 Parker, Randy	M64 Unattached	8:22.9	26:02.21	
4	#92 McIntyre, Tim	M65 Unattached	8:25.5	26:10.27	
5	#86 Deprez, Johan	M67 Unattached	10:05.6	31:21.53	
6	#80 Ytzen, Richard	M68 Unattached	12:02.3	37:23.89	
7	#122 Rice, Richard	M61 Unattached	14:21.0	44:34.89	
70-79 Results - Men 5000 Run					
1	#30 Terrell, Richard	M71 Unattached	9:47.8	30:25.99	
2	#7 Scianni, Jim	M74 Unattached	11:30.2	35:44.18	
3	#42 Salas, Rick	M78 Unattached	11:30.3	35:44.68	
4	#15 Heller, Jim	M78 Unattached	11:35.4	36:00.24	
5	#1 Parsel, Dave	M70 Unattached	16:02.7	49:50.77	

90+ Results - Men 5000 Run

1	#66 Rice, Bob	M90 Unattached	14:20.5	44:33.28
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