Nelson Slagle Memorial Boeing Lunchtime 5K October 12, 2026 #488 - 10/12/2026

www.socaltiming.com

Seal Beach Plant

Rankings

Mixed 5k Run RR

	Comp#	Name		School	Time	Points
1	150	Alvarado, Brian	M17	Unattached	22:10.76	
2	149	Mantong, Ethan	M17	Unattached	23:06.06	
3	22	Araujo, John	M68	Unattached	23:24.75	
4	47	McKiernan, Gavin	M52	Unattached	23:40.24	
5	151	Trinnaman, Connor	M15	Unattached	26:09.87	
6	89	Gomez, Nabor	M74	Unattached	26:59.77	
7	122	Rice, Richard	M62	Unattached	27:41.12	
8	23	Born, Stephanie	W45	Unattached	30:47.00	
9	2	Rahl, Emmett	M55	Unattached	31:56.95	
10	148	Born, Brigid	W16	Unattached	32:39.14	
11	64	Sohaskey, Laura	W68	Unattached	32:58.31	
12	30	Terrell, Richard	M72	Unattached	33:29.86	
13	7	Scianni, Jim	M75	Unattached	35:48.77	
14	15	Heller, Jim	M79	Unattached	38:54.05	
15	42	Salas, Rick	M79	Unattached	43:44.11	
16	14	Soohoo, Kie	M70	Unattached	44:00.03	
17	11	Shunmugavel, Raji	W69	Unattached	44:38.63	
18	1	Parsel, Dave	M71	Unattached	49:26.00	
19	66	Rice, Bob	M91	Unattached	50:19.71	
20	19	Parker, Randy	M65	Unattached	50:33.57	

AGE GROUP RESULTS

	Name	Age	School	Avg Mile	Finals	Points
19 & Under Results - Women 5000 Run						
1	#148 Born, Brigid	W16	Unattached	10:30.6	32:39.14	
40-49 Results - Women 5000 Run						
1	#23 Born, Stephanie	W45	Unattached	9:54.5	30:47.00	
60-69 Results - Women 5000 Run						
1	#64 Sohaskey, Laura	W68	Unattached	10:36.8	32:58.31	
2	#11 Shunmugavel, Raji	W69	Unattached	14:22.2	44:38.63	
19 & Under Results - Men 5000 Run						
1	#150 Alvarado, Brian	M17	Unattached	7:08.4	22:10.76	
2	#149 Mantong, Ethan	M17	Unattached	7:26.2	23:06.06	
3	#151 Trinnaman, Connor	M15	Unattached	8:25.3	26:09.87	
50-59 Results - Men 5000 Run						
1	#47 McKiernan, Gavin	M52	Unattached	7:37.2	23:40.24	
2	#2 Rahl, Emmett	M55	Unattached	10:17.0	31:56.95	
60-69 Results - Men 5000 Run						
1	#22 Araujo, John	M68	Unattached	7:32.2	23:24.75	
2	#122 Rice, Richard	M62	Unattached	8:54.7	27:41.12	
3	#19 Parker, Randy	M65	Unattached	16:16.5	50:33.57	
70-79 Results - Men 5000 Run						
1	#89 Gomez, Nabor	M74	Unattached	8:41.4	26:59.77	
2	#30 Terrell, Richard	M72	Unattached	10:47.0	33:29.86	
3	#7 Scianni, Jim	M75	Unattached	11:31.7	35:48.77	
4	#15 Heller, Jim	M79	Unattached	12:31.3	38:54.05	

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5	#42 Salas, Rick	M79	Unattached	14:04.7	43:44.11
6	#14 Soohoo, Kie	M70	Unattached	14:09.8	44:00.03
7	#1 Parsel, Dave	M71	Unattached	15:54.7	49:26.00

90+ Results - Men 5000 Run

1	#66 Rice, Bob	M91	Unattached	16:12.0	50:19.71