

Nelson Slagle Memorial Boeing Lunchtime 5K February 9, 2026 #480 - 2/9/2026

www.socaltiming.com

Seal Beach Plant**Rankings****Mixed 5k Run RR**

Comp#	Name	School	Time	Points
1	47 McKiernan, Gavin	M51 Unattached	21:18.89	
2	22 Araujo, John	M67 Unattached	21:56.43	
3	31 Law, Nina	W63 Unattached	25:13.02	
4	92 McIntyre, Tim	M65 Unattached	25:42.03	
5	89 Gomez, Nabor	M73 Unattached	27:25.20	
6	64 Sohaskey, Laura	W67 Unattached	28:03.84	
7	30 Terrell, Richard	M71 Unattached	29:28.12	
8	86 Deprez, Johan	M68 Unattached	29:38.87	
9	145 Cruz, Ty	M30 Unattached	29:39.41	
10	2 Rahl, Emmett	M54 Unattached	32:02.94	
11	42 Salas, Rick	M78 Unattached	35:06.07	
12	81 Ytzen, Kyra	W66 Unattached	35:33.52	
13	15 Heller, Jim	M78 Unattached	38:29.16	
14	7 Scianni, Jim	M74 Unattached	38:38.89	
15	80 Ytzen, Richard	M68 Unattached	39:08.87	
16	14 Soohoo, Kie	M69 Unattached	40:19.22	
17	77 Browne, Paul	M87 Unattached	42:59.58	
18	122 Rice, Richard	M62 Unattached	47:41.77	
19	66 Rice, Bob	M91 Unattached	47:42.92	
20	19 Parker, Randy	M64 Unattached	47:45.59	
21	20 Wetterhahn, Ralph	M83 Unattached	49:59.72	
22	11 Shunmugavel, Raji	W69 Unattached	50:36.58	
23	1 Parsel, Dave	M70 Unattached	52:42.23	

AGE GROUP RESULTS

Name	Age	School	Avg Mile	Finals	Points
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60-69 Results - Women 5000 Run

1	#31 Law, Nina	W63 Unattached	8:07.0	25:13.02	
2	#64 Sohaskey, Laura	W67 Unattached	9:02.0	28:03.84	
3	#81 Ytzen, Kyra	W66 Unattached	11:26.8	35:33.52	
4	#11 Shunmugavel, Raji	W69 Unattached	16:17.4	50:36.58	

30-39 Results - Men 5000 Run

1	#145 Cruz, Ty	M30 Unattached	9:32.8	29:39.41	
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50-59 Results - Men 5000 Run

1	#47 McKiernan, Gavin	M51 Unattached	6:51.7	21:18.89	
2	#2 Rahl, Emmett	M54 Unattached	10:19.0	32:02.94	

60-69 Results - Men 5000 Run

1	#22 Araujo, John	M67 Unattached	7:03.8	21:56.43	
2	#92 McIntyre, Tim	M65 Unattached	8:16.4	25:42.03	
3	#86 Deprez, Johan	M68 Unattached	9:32.6	29:38.87	
4	#80 Ytzen, Richard	M68 Unattached	12:36.1	39:08.87	
5	#14 Soohoo, Kie	M69 Unattached	12:58.7	40:19.22	
6	#122 Rice, Richard	M62 Unattached	15:21.2	47:41.77	
7	#19 Parker, Randy	M64 Unattached	15:22.4	47:45.59	

70-79 Results - Men 5000 Run

1	#89 Gomez, Nabor	M73 Unattached	8:49.6	27:25.20	
2	#30 Terrell, Richard	M71 Unattached	9:29.1	29:28.12	
3	#42 Salas, Rick	M78 Unattached	11:17.9	35:06.07	

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4	#15 Heller, Jim	M78 Unattached	12:23.3	38:29.16
5	#7 Scianni, Jim	M74 Unattached	12:26.4	38:38.89
6	#1 Parsel, Dave	M70 Unattached	16:57.9	52:42.23

80-89 Results - Men 5000 Run

1	#77 Browne, Paul	M87 Unattached	13:50.3	42:59.58
2	#20 Wetterhahn, Ralph	M83 Unattached	16:05.6	49:59.72

90+ Results - Men 5000 Run

1	#66 Rice, Bob	M91 Unattached	15:21.5	47:42.92
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