

**Nelson Slagle Memorial Boeing Lunchtime 5K March 9, 2026 #481 - 3/9/2026**

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

Comp#	Name	School	Time	Points
1	47 McKiernan, Gavin	M51 Unattached	21:47.56	
2	22 Araujo, John	M68 Unattached	25:16.06	
3	31 Law, Nina	W63 Unattached	25:39.11	
4	64 Sohaskey, Laura	W67 Unattached	29:02.51	
5	19 Parker, Randy	M64 Unattached	29:02.79	
6	30 Terrell, Richard	M72 Unattached	30:41.77	
7	15 Heller, Jim	M78 Unattached	37:22.65	
8	84 Chang, Dennis	M73 Unattached	37:51.22	
9	80 Ytzen, Richard	M68 Unattached	40:49.86	
10	14 Soohoo, Kie	M69 Unattached	41:39.89	
11	7 Scianni, Jim	M75 Unattached	41:59.37	
12	59 Kuntz, David	M74 Unattached	42:56.00	
13	11 Shunmugavel, Raji	W69 Unattached	43:25.35	
14	66 Rice, Bob	M91 Unattached	44:53.89	
15	122 Rice, Richard	M62 Unattached	44:54.50	
16	2 Rahl, Emmett	M55 Unattached	45:04.63	
17	42 Salas, Rick	M78 Unattached	46:19.91	
18	1 Parsel, Dave	M70 Unattached	55:55.61	

**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	8:15.4	25:39.11	
2	#64 Sohaskey, Laura	W67 Unattached	9:20.9	29:02.51	
3	#11 Shunmugavel, Raji	W69 Unattached	13:58.6	43:25.35	

**50-59 Results - Men 5000 Run**

1	#47 McKiernan, Gavin	M51 Unattached	7:00.9	21:47.56	
2	#2 Rahl, Emmett	M55 Unattached	14:30.6	45:04.63	

**60-69 Results - Men 5000 Run**

1	#22 Araujo, John	M68 Unattached	8:08.0	25:16.06	
2	#19 Parker, Randy	M64 Unattached	9:21.0	29:02.79	
3	#80 Ytzen, Richard	M68 Unattached	13:08.6	40:49.86	
4	#14 Soohoo, Kie	M69 Unattached	13:24.7	41:39.89	
5	#122 Rice, Richard	M62 Unattached	14:27.3	44:54.50	

**70-79 Results - Men 5000 Run**

1	#30 Terrell, Richard	M72 Unattached	9:52.8	30:41.77	
2	#15 Heller, Jim	M78 Unattached	12:01.9	37:22.65	
3	#84 Chang, Dennis	M73 Unattached	12:11.1	37:51.22	
4	#7 Scianni, Jim	M75 Unattached	13:30.9	41:59.37	
5	#59 Kuntz, David	M74 Unattached	13:49.2	42:56.00	
6	#42 Salas, Rick	M78 Unattached	14:54.8	46:19.91	
7	#1 Parsel, Dave	M70 Unattached	18:00.1	55:55.61	

**90+ Results - Men 5000 Run**

1	#66 Rice, Bob	M91 Unattached	14:27.1	44:53.89	
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