

Nelson Slagle Memorial Boeing Lunchtime 5K August 10, 2026 #486 - 8/10/2026**www.socaltiming.com****Seal Beach Plant****Rankings****Mixed 5k Run RR**

Comp#	Name	School	Time	Points
1	22 Araujo, John	M68 Unattached	25:35.91	
2	31 Law, Nina	W64 Unattached	25:57.81	
3	92 McIntyre, Tim	M65 Unattached	26:54.01	
4	89 Gomez, Nabor	M74 Unattached	27:41.33	
5	64 Sohaskey, Laura	W67 Unattached	30:45.42	
6	30 Terrell, Richard	M72 Unattached	31:58.18	
7	2 Rahl, Emmett	M55 Unattached	33:12.17	
8	82 Graff, Irene	W62 Unattached	34:48.24	
9	15 Heller, Jim	M78 Unattached	35:32.53	
10	81 Ytzen, Kyra	W67 Unattached	37:23.49	
11	7 Scianni, Jim	M75 Unattached	38:44.45	
12	42 Salas, Rick	M79 Unattached	39:00.45	
13	80 Ytzen, Richard	M69 Unattached	42:10.52	
14	19 Parker, Randy	M65 Unattached	42:46.48	
15	14 Soohoo, Kie	M69 Unattached	44:28.08	
16	66 Rice, Bob	M91 Unattached	46:39.63	
17	122 Rice, Richard	M62 Unattached	46:40.87	
18	1 Parsel, Dave	M71 Unattached	52:54.02	

AGE GROUP RESULTS

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

1	#31 Law, Nina	W64 Unattached	8:21.5	25:57.81	
2	#64 Sohaskey, Laura	W67 Unattached	9:54.0	30:45.42	
3	#82 Graff, Irene	W62 Unattached	11:12.2	34:48.24	
4	#81 Ytzen, Kyra	W67 Unattached	12:02.1	37:23.49	

50-59 Results - Men 5000 Run

1	#2 Rahl, Emmett	M55 Unattached	10:41.3	33:12.17	
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60-69 Results - Men 5000 Run

1	#22 Araujo, John	M68 Unattached	8:14.4	25:35.91	
2	#92 McIntyre, Tim	M65 Unattached	8:39.5	26:54.01	
3	#80 Ytzen, Richard	M69 Unattached	13:34.5	42:10.52	
4	#19 Parker, Randy	M65 Unattached	13:46.1	42:46.48	
5	#14 Soohoo, Kie	M69 Unattached	14:18.8	44:28.08	
6	#122 Rice, Richard	M62 Unattached	15:01.6	46:40.87	

70-79 Results - Men 5000 Run

1	#89 Gomez, Nabor	M74 Unattached	8:54.8	27:41.33	
2	#30 Terrell, Richard	M72 Unattached	10:17.4	31:58.18	
3	#15 Heller, Jim	M78 Unattached	11:26.4	35:32.53	
4	#7 Scianni, Jim	M75 Unattached	12:28.2	38:44.45	
5	#42 Salas, Rick	M79 Unattached	12:33.4	39:00.45	
6	#1 Parsel, Dave	M71 Unattached	17:01.7	52:54.02	

90+ Results - Men 5000 Run

1	#66 Rice, Bob	M91 Unattached	15:01.2	46:39.63	
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