

Nelson Slagle Memorial Boeing Lunchtime 5K January 12 2026 #479 - 1/12/2026**www.socaltiming.com****Seal Beach Plant****Rankings****Mixed 5k Run RR**

Comp#	Name	School	Time	Points
1 22 Araujo, John	M67	Unattached	22:29.27	
2 92 McIntyre, Tim	M65	Unattached	26:36.26	
3 19 Parker, Randy	M64	Unattached	29:21.18	
4 64 Sohaskey, Laura	W67	Unattached	29:32.65	
5 30 Terrell, Richard	M71	Unattached	32:37.82	
6 34 Louie, Michael	M65	Unattached	34:36.54	
7 42 Salas, Rick	M78	Unattached	35:14.98	
8 81 Ytzen, Kyra	W66	Unattached	36:13.51	
9 15 Heller, Jim	M78	Unattached	39:16.75	
10 14 Soohoo, Kie	M69	Unattached	40:26.42	
11 80 Ytzen, Richard	M68	Unattached	41:46.82	
12 7 Scianni, Jim	M74	Unattached	42:48.19	
13 11 Shunmugavel, Raji	W69	Unattached	43:39.18	
14 1 Parsel, Dave	M70	Unattached	54:30.04	
15 2 Rahl, Emmett	M54	Unattached	55:11.31	

AGE GROUP RESULTS

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

60-69 Results - Women 5000 Run

1 #64 Sohaskey, Laura	W67	Unattached	9:30.6	29:32.65
2 #81 Ytzen, Kyra	W66	Unattached	11:39.6	36:13.51
3 #11 Shunmugavel, Raji	W69	Unattached	14:03.1	43:39.18

50-59 Results - Men 5000 Run

1 #2 Rahl, Emmett	M54	Unattached	17:45.8	55:11.31
-------------------	-----	------------	---------	----------

60-69 Results - Men 5000 Run

1 #22 Araujo, John	M67	Unattached	7:14.3	22:29.27
2 #92 McIntyre, Tim	M65	Unattached	8:33.8	26:36.26
3 #19 Parker, Randy	M64	Unattached	9:26.9	29:21.18
4 #34 Louie, Michael	M65	Unattached	11:08.4	34:36.54
5 #14 Soohoo, Kie	M69	Unattached	13:01.0	40:26.42
6 #80 Ytzen, Richard	M68	Unattached	13:26.9	41:46.82

70-79 Results - Men 5000 Run

1 #30 Terrell, Richard	M71	Unattached	10:30.2	32:37.82
2 #42 Salas, Rick	M78	Unattached	11:20.8	35:14.98
3 #15 Heller, Jim	M78	Unattached	12:38.6	39:16.75
4 #7 Scianni, Jim	M74	Unattached	13:46.7	42:48.19
5 #1 Parsel, Dave	M70	Unattached	17:32.6	54:30.04