

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
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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	
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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	