

Lake Park 5K Series - Race 3  
Lake Quinsigamond State Park  
Worcester, MA

July 16, 2024

Weather - Sunny. 88°

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	BIB #
1	19:55	Fr. Humbert Kilanowski	1/8	M40-49	Providence, RI	CMS	201
2	20:44	Paul Kamuzora	2/8	M40-49	Worcester	CMS	215
3	21:46	Rick Lane	3/8	M40-49	Worcester	CMS	222
4	21:49	Elizabeth McDermott	1/4	F20-39	Belmont	CMS	203
5	22:43	Paul McNeil	4/8	M40-49	Worcester	CMS	202
6	22:52	Joselito Bonilla	5/8	M40-49	Worcester	CMS	220
7	23:20	Matt Zaterka	1/6	M50-59	Paxton	CMS	211
8	23:32	Kevin Crossman	1/3	M20-39	Boylston	CMS	221
9	25:04	Dab Zinkus	2/3	M20-39	Worcester		227
10	25:38	James Dowd	6/8	M40-49	Worcester	CMS	212
11	26:01	Max Morrissey	3/3	M20-39	Shrewsbury	CMS	225
12	26:24	Mike Lynch	1/5	M60-69	Worcester	CMS	216
13	26:44	Jim Hehir	2/5	M60-69	Worcester	CMS	204
14	26:47	David Larrabee	2/6	M50-59	Shrewsbury	CMS	230
15	27:30	Jeff Adair, Sr	3/5	M60-69	Worcester	CMS	209
16	28:03	Steven O'Leary	3/6	M50-59	Worcester	CMS	207
17	28:30	Jess Howland	1/2	F40-49	Worcester	CMS	208
18	28:32	Stephen Carrier	4/6	M50-59	Lancaster	CMS	214
19	28:55	Vin Garofoli	4/5	M60-69	Worcester	CMS	213
20	29:48	Bill Campbell	7/8	M40-49	Holden	CMS	229
21	30:10	Sarah Cormier	2/2	F40-49	Northborough	CMS	217
22	30:23	Michelle Bourget	2/4	F20-39	Brimfield	CMS	226
23	32:53	Al Morrissey	5/5	M60-69	Shrewsbury	CMS	224
24	34:24	Pankaj Didwania	5/6	M50-59	Shrewsbury		218
25	26:17	Nate Howe	6/6	M50-59	Marlboro	CMS	219
26	37:44	Holly Wielsma	1/1	F50-59	Whitinsville	CMS	206
27	39:25	Marta Carlson	1/1	F60-69	Paxton	CMS	210
28	45:46	Mai Roberts	3/4	F20-39	Rutland	CMS	223
29	45:48	Ndem Ogwo	8/8	M40-49	Worcester	CMS	231
30	45:57	Veelisa Shelton	4/4	F20-39	Worcester	CMS	228
31	54:45	John Hendrick	1/1	M70+	Berlin	CMS	205

**RACE DIRECTORS:** Steve Laska

**VOLUNTEERS:** Kim Gordon, Karen Pajer, Karen Lemerise, Joe Alfano, Paul Lemerise, Phil Savoy, Doreen Do, Christy Kearns, JP McCan, Jenn Gardner  
Barbara McManus, Linda Luthman, Zack Fitzsimmons, Kristen Fitzsimmons, Linda Marie Simmons, Courtney Blais, Meghan MacDonald.  
Matt Hall.

Timing and Scoring by Central Mass Striders [www.cmsrun.org](http://www.cmsrun.org)  
Corrections please e-mail centralmassstridersresults@gmail.com