

Lake Park 5K Series - Race 5

Lake Quinsigamond State Park

Worcester, MA

July 30, 2024

Weather - Partly Cloudy, Breezy . 83°.

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	BIB #
1	19:47	Paul Kamuzora	1/7	M40-49	Northborough	CMS	504
2	19:55	David Catarius	1/6	M50-59	Shrewsbury	CMS	299
3	21:30	Rick Lane	2/7	M40-49	Worcester	CMS	520
4	21:55	Paul McNeil	3/7	M40-49	Worcester	CMS	285
5	22:04	Joselito Bonilla	4/7	M40-49	Worcester	CMS	521
6	22:24	Rob Diaz	2/6	M50-59	Worcester	CMS	288
7	22:59	Peter Welland	3/6	M50-59	Shrewsbury	CMS	516
8	23:07	Adam Nabulsi	1/7	M20-39	Brookline	CMS	526
9	23:16	Matt Zaterka	4/6	M50-59	Paxton	CMS	300
10	24:27	John Pajer	1/5	M60-69	Leicester	CMS	287
11	24:50	Alric Powell	2/7	M20-39	Worcester		522
12	25:20	Elliot Beane	1/4	F20-39	Worcester	CMS	514
13	25:23	Lester Forgit	2/5	M60-69	Worcester	CMS	295
14	25:27	David Latino	3/7	M20-39	Worcester	CMS	289
15	25:34	Jess Howland	1/4	F40-49	Worcester	CMS	525
16	25:40	James Morrissey	5/6	M50-59	W Boylston	CMS	286
17	25:48	Max Morrissey	4/7	M20-39	Shrewsbury	CMS	511
18	26:00	Jim Hehir	3/5	M60-69	Worcester	CMS	290
19	26:21	Dan Zinkus	5/7	M20-39	Worcester	CMS	505
20	26:32	James Dowd	5/7	M40-49	Worcester	CMS	298
21	26:48	Nancy Ryan	1/4	F60-69	Sutton	CMS	502
22	27:01	Kevin Crossman	6/7	M20-39	Boylston	CMS	515
23	27:01	Matt Millett	6/7	M40-49	Spencer	CMS	513
24	27:32	Danielle Cotton	2/4	F20-39	Millbury		508
25	27:39	Dahlia Welland	1/1	F0-19	Shrewsbury	CMS	517
26	28:10	Dave Krom	4/5	M60-69	Worcester	CMS	512
27	28:12	Cheryl Bechunas	1/1	F50-59	Sutton	CMS	503
28	28:32	Cathy Downing	2/4	F60-69	Webster	CMS	292
29	28:48	John Shepardson	6/6	M50-59	Worcester	CMS	506
30	29:21	Rosanna Gessell-Larson	3/4	F20-39	Worcester	CMS	524
31	29:23	Bill Campbell	7/7	M40-49	Holden	CMS	518
32	30:18	Erica Scholl	4/4	F20-39	Worcester		519
33	30:32	Sarah Cormier	2/4	F40-49	Northborough	CMS	507
34	32:03	Bob Brady	1/1	M70+	Worcester	CMS	294
35	34:05	Rachel Cox	3/4	F40-49	Douglas		523
36	34:55	Marta Carlson	3/4	F60-69	Paxton	CMS	509
37	35:13	Robin Graffius	4/4	F40-49	Sutton	CMS	296
38	35:28	Andre Folkes	7/7	M20-39	Worcester		528
39	40:54	Curt Downing	5/5	M60-69	Webster	CMS	293
40	41:03	Kathleen Russell	1/1	F70+	Oxford	CMS	527
41	42:12	Evelyn Dolan	4/4	F60-69	Fitchburg	CMS	291
1 Mile							
	18:00	John Hendrick	1/1	M70+	Berlin	CMS	501
RACE DIRECTORS:	Steve Laska						
VOLUNTEERS:	Jenn Gardner, Meghan MacDonald, Karen Pajer, Kim Gordon, Phil Savoy, Joe Alfano, Michelle Bourget, Barbara Roach Kyes, Agatha Barabara McManus, Zack Fitzsimmons, Kristen Fitzsimmons, Fiona Walsh, Linda Marie Simmons, Verna DeLauer, Matt Hall, Al Morrissey.						
Timing and Scoring by Central Mass Striders www.cmsrun.org							
Corrections please e-mail centralmassstridersresults@gmail.com							