

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

July 15, 2025

Weather - Sunny, 85° Humidity 62% Wind 8mph SW, Feels Like 90°

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	BIB #
1	19:12	Jack O'Reilly	1/4	M20-39	Worcester	CMS	390
2	19:51	Paul Kamuzora	1/4	M40-49	Northboro	CMS	381
3	19:58	Emily Knox	1/3	F20-39	Worcester	CMS	391
4	20:47	Rob Auger	2/4	M40-49	Millbury	CMS	396
5	21:32	Stanley Mungai	2/4	M20-39	Worcester	CMS	376
6	21:33	Aaron Hero	3/4	M40-49	W Boylston		382
7	22:29	Peter Welland	1/8	M50-59	Shrewsbury	CMS	365
8	22:44	Matt Zaterka	2/8	M50-59	Paxton	CMS	323
9	23:44	Max Morrissey	3/4	M20-39	Shrewsbury	CMS	380
10	24:00	Carlos Sampaio	3/8	M50-59	Worcester	CMS	397
11	25:21	John Pajer	1/2	M60-69	Leicester	CMS	374
12	25:31	Lou Roberts	4/8	M50-59	Shrewsbury	CMS	393
13	26:21	James Morrissey	5/8	M50-59	W Boylston	CMS	379
14	26:48	Elliot Beane	2/3	F20-39	Worcester	CMS	364
15	27:18	Bill Campbell	4/4	M40-49	Holden	CMS	398
16	27:31	Vin Garofoli	1/3	M70+	Worcester	CMS	375
17	27:37	Nancy Ryan	1/2	F60-69	Sutton	CMS	383
18	27:38	Cheryl Bechunas	1/1	F50-59	Sutton	CMS	386
19	27:49	James Dowd	6/8	M50-59	Worcester	CMS	389
20	28:04	Mike Lynch	2/2	M60-69	Worcester	CMS	395
21	28:24	Rosanna Gessel-Larson	3/3	F20-39	Worcester	CMS	399
22	28:56	Landon Melton	4/4	M20-39	Shrewsbury	CMS	387
23	29:45	John Shepardson	7/8	M50-59	Worcester	CMS	388
24	32:56	Bob Brady	2/3	M70+	Worcester	CMS	366
25	34:40	Sarah Cormier	1/1	F40-49	Northboro	CMS	384
26	36:28	Nate Howe	8/8	M50-59	Marlboro	CMS	385
27	39:32	Marta Carlson	2/2	F60-69	Paxton	CMS	392
28	46:54	Marjorie Kolterjahn	1/1	F0-19	Berlin	CMS	378
29	57:32	John Hendrick	3/3	M70+	Berlin	CMS	377
2 MILE		Hannah Lynch		F20-39	Worcester	CMS	394

RACE DIRECTOR: Steve Laska

VOLUNTEERS: Kim Gordon, Karen Lemerise, Paul Lemerise, Karen Pajer, Joe Alfano, James Morrissey, Barbara McManus, Fiona Walsh, Linda Luthman, Phil Savoy, Sue Stomski, Steve Carrier, Claire Foley, Al Morrissey, Meghan MacDonald, Jennifer Saunders, John Brierley, Linda Marie Simmons, Agatha Zaterka.

1% Club - 1 Mile Time Trial #1

1	5:36	William S	1/11	M0-19		1% Club	2576
2	5:36	Logan H	2/11	M0-19		1% Club	2590
3	6:01	Joshua B	3/11	M0-19		1% Club	2577
4	6:05	Hadley C	1/9	F0-19		1% Club	2585
5	6:08	Landon B	4/11	M0-19		1% Club	2578
6	6:18	Jackson V	5/11	M0-19		1% Club	2596
7	6:55	Izzy A	2/9	F0-19		1% Club	2584
8	6:57	Emily O	3/9	F0-19		1% Club	2586
9	7:35	John B	6/11	M0-19		1% Club	2582
10	7:43	Stella V	4/9	F0-19		1% Club	2595
11	8:06	Daniel M	7/11	M0-19		1% Club	2583
12	8:07	Noah W	8/11	M0-19		1% Club	2581
13	8:08	Lisa F	5/9	F0-19		1% Club	2589
14	8:14	Alex S	9/11	M0-19		1% Club	2594
15	8:18	Jack M	10/11	M0-19		1% Club	2580
16	8:19	Flynn R	11/11	M0-19		1% Club	2587
17	8:51	Aislinn O	6/9	F0-19		1% Club	2588
18	8:54	Toni T	7/9	F0-19		1% Club	2593
19	11:57	Ray P	1/1	NB0-19		1% Club	2579
20	14:38	Kendall L	8/9	F0-19		1% Club	2592
21	14:38	Sophie T	9/9	F0-19		1% Club	2591

RACE DIRECTORS: Sarah Maple & Caroline Meizen

VOLUNTEERS: Kaitlyn Pajer, Mackenzie Cyr, Amanda Page, Akshay Alaghata, Olivia Porter, Sam