

Lake Park 5K Series - Race 1

Lake Quinsigamond State Park

Worcester, MA

July 1, 2025

Weather - Cloudy, 84° Humidity 98% Wind 9mph W

RACE CUT SHORT DUE TO THUNDERSTORMS!!!

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	BIB #
1	19:13	Jack O'Reilly	1/7	M20-39	Worcester	CMS	328
2	19:51	Emily Knox	1/5	F20-39	Worcester	CMS	321
3	21:30	Evan Syers	2/7	M20-39	Worcester	CMS	317
4	22:09	Shawn McCormack	1/3	M40-49	Sturbridge		303
5	22:22	Matt Zaterka	1/8	M50-59	Paxton	CMS	323
6	22:32	Paul McNeil	2/3	M40-49	Worcester	CMS	305
7	22:55	Peter Welland	2/8	M50-59	Shrewsbury	CMS	313
8	24:07	Faith McCormack	2/5	F20-39	Sturbridge		304
9	24:14	Max Morrissey	3/7	M20-39	Shrewsbury	CMS	310
10	24:53	Chris Lee	3/8	M50-59	N Grafton	CMS	316
11	25:48	John Pajer	1/2	M60-69	Leicester	CMS	301
12	26:32	David Larrabee	4/8	M50-59	Shrewsbury	CMS	332
13	26:48	Jim Hehir	2/2	M60-69	Worcester	CMS	306
14	27:12	James Morrissey	5/8	M50-59	W Boylston	CMS	302
15	27:52	Rosanna Gessel-Larson	3/5	F20-39	Worcester	CMS	329
16	28:03	Bill Campbell	3/3	M40-49	Holden	CMS	333
17	28:17	James Dowd	6/8	M50-59	Worcester	CMS	320
18	28:42	James Fidrocki	4/7	M20-39	Worcester	CMS	326
19	28:57	Cathy Downing	1/2	F60-69	Webster	CMS	330
20	29:56	Landon Melton	5/7	M20-39	Shrewsbury	CMS	308
21	29:57	Efrain Valentin	1/1	M0-19	Worcester		307
22							
23	31:34	Karim-Ben Saunders	7/8	M50-59	Worcester	CMS	324
24	32:56	Tim Freeman	6/7	M20-39	Southbridge		334
25	33:04	Sarah Cormier	1/1	F40-49	Northborough	CMS	319
26	34:30	Meredith Fidrocki	4/5	M20-39	Worcester	CMS	325
27		Anthony Casella	7/7	M20-39	Worcester	CMS	311
28	37:00	Nate Howe	8/8	M50-59	Marlboro	CMS	315
29	37:29	Marta Carlson	2/2	F60-69	Paxton	CMS	322
30	37:55	Shannon Ruiz	1/1	F0-19	Worcester	CMS	312
31	39:30	Mackenzie Gowans	5/5	F20-39	Whitinsville	CMS	314
32	57:59	John Hendrick	1/1	M70+	Berlin	CMS	309 self-timed
2.5 Miles							
		Heidi Richard		F50-59	Worcester	CMS	318
2 Laps							
		Alicia Castagna		F40-49	Worcester	CMS	327
		Curt Downing		M60-69	Webster	CMS	331
RACE DIRECTORS:	Steve Laska						

VOLUNTEERS: Linda Marie Simmons, Zack Fitzsimmons, Derya Deane, Kim Gordon, Karen Pajer, Karen Lemerise, Paul Lemerise, Barabara McManus, Fiona Walsh, Joan Recore, Stephen Carrier, Sue Stomski, Jennifer Saunders, Karen Henry, Maggie Henry, Mike Keating, Matt Hall, Linda Luthman, Claire Foley, Patrick Keary, Al Morrissey, Molly Riordan, Meghan MacDonald, David Latino, Anna Gawrych..

Timing and Scoring by Central Mass Striders www.cmsrun.org
 Corrections please e-mail centralmassstridersresults@gmail.com