

Lake Park 5K Series - Race 4
 Lake Quinsigamond State Park
 Worcester, MA

July 22, 2025

Weather - Mostly Sunny, 73° Humidity 49% Wind 3mph NW, Feels Like 76°

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	BIB #
1	19:13	Jack O'Reilly	1/8	M20-39	Worcester	CMS	942
2	19:27	Paul Kamuzora	1/5	M40-49	Northboro	CMS	908
3	19:44	Evan Syers	2/8	M20-39	Worcester	CMS	317
4	20:10	Rob Auger	2/5	M40-49	Millbury	CMS	928
5	20:55	Aaron Hero	3/5	M40-49	Boylston	CMS	382
6	21:24	Stanley Mungai	3/8	M20-39	Worcester	CMS	904
7	21:34	Paul McNeil	4/5	M40-49	Worcester	CMS	902
8	21:59	Peter Welland	1/9	M50-59	Shrewsbury	CMS	365
9	22:16	Max Morrissey	4/8	M20-39	Shrewsbury	CMS	921
10	22:31	Carlos Sampaio	2/9	M50-59	Worcester	CMS	939
11	23:14	Matt Zaterka	3/9	M50-59	Paxton	CMS	323
12	23:21	Chris Lee	4/9	M50-59	N Graftron	CMS	928
13	24:25	David Latino	5/8	M20-39	Worcester	CMS	935
14	24:38	James Morrissey	5/9	M50-59	W Boylston	CMS	938
15	24:55	Cheryl Bechunas	1/2	F50-59	Sutton	CMS	913
16	25:18	Adam Nabulsi	6/8	M20-39	Brookline	CMS	940
17	25:18	Eria Scholl	1/5	F20-39	Frankfort, NY		936
18	25:33	Bill Campbell	5/5	M40-49	Holden	CMS	929
19	25:40	Elliot Beane	2/5	F20-39	Worcester	CMS	364
20	25:57	David Larrabee	6/9	M50-59	Shrewsbury	CMS	931
21	25:58	Julie Dragon	1/3	F40-49	Sturbridge	CMS	916
22	26:01	Nancy Ryan	1/4	F60-69	Sutton	CMS	925
23	26:07	Vin Garofoli	1/3	M70+	Worcester	CMS	903
24	26:21	Lester Forgit	1/5	M60-69	Worcester	CMS	906
25	26:27	Janice Villali	2/3	F40-49	Holden		926
26	26:53	Landon Melton	7/8	M20-39	Shrewsbury	CMS	922
27	27:11	Fran Madigan	2/5	M60-69	Shrewsbury	CMS	915
28	27:17	Mike Lynch	3/5	M60-69	Worcester	CMS	918
29	27:30	James Dowd	7/9	M50-59	Worcester	CMS	927
30	27:56	Molly Lynch	3/5	F20-39	Worcester	CMS	917
31	28:35	John Shepardson	8/9	M50-59	Worcester	CMS	934
32	28:39	Cathy Downing	2/4	F60-69	Webster	CMS	901
33	30:45	Sarah Cormier	3/3	F40-49	Northboro	CMS	924
34	31:00	Bob Brady	2/3	M70+	Worcester	CMS	366
35	31:02	Juan Peticco	8/8	M20-39	Worcester		933
36	31:09	David Ndegwa	4/5	M60-69	Grafton	CMS	905
37	33:43	Meredith Fidrocki	4/5	F20-39	Worcester	CMS	930
38	34:45	Sophie Welland	1/3	F0-19	Shrewsbury	CMS	937
39	36:06	Nate Howe	9/9	M50-59	Marlboro	CMS	923
40	36:07	Chloe Arlabosse	2/3	F0-19	Worcester	CMS	941
41	36:09	Marjorie Kolterjahn	3/3	F0-19	Berlin	CMS	912
42	36:38	Marta Carlson	3/4	F60-69	Paxton	CMS	932
43	37:12	Emily Swalec	5/5	F20-39	Worcester	CMS	919
44	39:47	Kathleen Russell	1/1	F70+	Oxford	CMS	912
45	40:43	Curt Downing	5/5	M60-69	Webster	CMS	400
46	40:58	Evelyn Dolan	4/4	F60-69	Fitchburg	CMS	910
47	41:37	Charity Jones	2/2	F50-59	Worcester		909
48	53:13	John Hendrick	3/3	M70+	Berlin	CMS	907
2.1 MILE	26:40	Karen Patalano		F60-69	Boylston	CMS	
RACE DIRECTOR:	Steve Laska						
VOLUNTEERS:	Joe Alfano, Paul Lemerise, Karen Pajer, Barbara McManus, Fiona Walsh, Heidi Richard, Stephen Carrier, Joan Recore, Kim Gordon, Sue Stomski, Patrick Keary, Jennifer Saunders, Meghan MacDonald, Matt Hall, Al Morrissey, Linda Marie Simmons, Molly Riordan.						
Timing and Scoring by Central Mass Striders www.cmsrun.org							
Corrections please e-mail centralmassstridersresults@gmail.com							