

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

July 29, 2025

Weather - Sunny, 89° Humidity 53% Wind 6mph NW, Feels Like 92°

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	BIB #
1	18:33	Jack O'Reilly	1/5	M20-39	W Boylston	CMS	958
2	19:24	Paul Kamuzora	1/5	M40-49	Northboro	CMS	947
3	20:09	Emily Knox	1/4	F20-39	Worcester	CMS	957
4	21:37	Amani Mbugua	1/3	M0-19	Holden		959
5	22:03	Paul McNeil	2/5	M40-49	Worcester	CMS	87
6	22:27	Daniel Daly	2/5	M20-39	Worcester		948
7	22:37	Peter Welland	1/6	M50-59	Shrewsbury	CMS	365
8	22:46	Max Morrissey	3/5	M20-39	Shrewsbury	CMS	949
9	22:59	Anna Milton	2/4	F20-39	Northboro	CMS	963
10	24:25	Carlos Sampaio	2/6	M50-59	Worcester	CMS	966
11	24:51	Wilson Kiriungi	3/5	M40-49	Paxton	CMS	964
12	25:03	Bridget Durham	1/4	F0-19	Tolland, CT		120
13	25:41	John Pajer	1/4	M60-69	Leicester	CMS	113
14	25:52	Aaron Hero	4/5	M40-49	Boylston	CMS	382
15	26:19	Cheryl Bechunas	1/1	F50-59	Sutton	CMS	951
16	26:27	Elliot Beane	3/4	F20-39	Worcester	CMS	364
17	26:56	Bill Campbell	5/5	M40-49	Holden	CMS	956
18	27:04	Brendan Wall	4/5	M20-39	Worcester		950
19	27:05	David Larrabee	3/6	M50-59	Shrewsbury	CMS	931
20	27:08	Nancy Ryan	1/3	F60-69	Sutton	CMS	945
21	27:24	Jeff Adair, Sr	2/4	M60-69	Worcester	CMS	965
22	27:26	Hank Durham	2/3	M0-19	Tolland, CT		110
23	27:37	Lester Forgit	3/4	M60-69	Worcester	CMS	946
24	28:09	James Dowd	4/6	M50-59	Worcester	CMS	960
25	29:02	Mike Durham	3/3	M0-19	Tolland, CT		90
26	29:04	Landon Melton	5/5	M20-39	Shrewsbury	CMS	954
27	29:11	Cathy Downing	2/3	F60-69	Webster	CMS	80
28	29:19	John Shepardson	5/6	M60-69	Worcester	CMS	944
29	29:20	Erica Scholl	4/4	F20-39	Frankfort, NY		961
30	33:39	Bob Brady	1/1	M70+	Worcester	CMS	366
31	35:04	Marjorie Kolterjahn	2/4	F0-19	Berlin	CMS	955
32	36:14	Kate Durham	3/4	F0-19	Tolland, CT		124
33	36:17	Meghan Durham	1/2	F40-49	Tolland, CT		943
34	36:18	Nate Howe	6/6	M50-59	Marlboro	CMS	952
35	36:39	Sophie Welland	4/4	F0-19	Shrewsbury	CMS	937
36	38:02	Robin Graffius	2/2	F40-49	Worcester	CMS	953
37	39:31	Marta Carlson	3/3	F60-69	Paxton	CMS	962
38	42:22	Curt Downing	4/4	M60-69	Webster	CMS	84
39		Bob Diaz		M50-59	Worcester	CMS	58

RACE DIRECTOR: Steve Laska

VOLUNTEERS: Joe Alfano, Paul Lemerise, Karen Lemerise, Karen Pajer, Kim Gordan, Barbara McManus, Fiona Walsh, Phil Savoy, Stephen Carrier, Heidi Ruchard, Claire Foley, Sue Stomsky, Molly Riordan, Joan Recore, Kristen Fitzsimmons, Zack Fitzsimmons, Shelby Petrie, Al Morrissey, Jennifer Saunders, Meghan MacDonald, Stanley Mungai, Rosanna Gessel-Larson, Linda Marie Simmons.

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