

Lake Park 5K Series - Race 4							
Lake Quinsigamond State Park							
Worcester, MA							
July 28, 2026							
Weather - Cloudy, 75° Humidity 80% Wind 5 mph S, Feels Like 75°							
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	BIB #
1	17:47	Daniel Daly	1/8	M20-39	Worcester	CMS	759
2	18:39	Arthur Besse	1/7	M50-59	Templeton	CMS	749
3	18:42	Paul Kamuzora	1/7	M40-49	Northboro	CMS	771
4	19:16	Josh Curtis	2/7	M50-59	Worcester	CMS	750
5	19:21	Rob Auger	2/7	M40-49	Millbury	CMS	770
6	20:15	Chris Pickett	1/1	M0-19	Holden		745
7	20:17	Olivia Pickett	1/4	F20-39	Holden		746
8	20:22	Norman Everett	2/8	M20-39	Worcester	CMS	753
9	21:05	Aaron Hero	3/7	M40-49	Boylston	CMS	382
10	21:39	Paul McNeil	4/7	M40-49	Worcester	CMS	747
11	22:13	Ashraf Aly	3/8	M20-39	Holden		769
12	22:18	Brett Willand	4/8	M20-39	Leicester	CMS	752
13	22:32	Peter Welland	3/7	M50-59	Shrewsbury	CMS	779
14	22:44	Max Morrissey	5/8	M20-39	Shrewsbury	CMS	757
15	22:49	Adam Carpenter	6/8	M20-39	Leicester	CMS	755
16	22:58	Carlos Sampaio	4/7	M50-59	Worcester	CMS	772
17	23:06	Adam Nabulsi	7/8	M20-39	Brookline	CMS	778
18	23:33	Jeremy Harris	8/8	M20-39	Worcester	CMS	756
19	24:33	James Morrissey	5/7	M50-59	W Boylston	CMS	742
20	24:38	Erica Scholl	2/4	F20-39	Worcester	CMS	754
21	24:57	Wilson Kiriungi	5/7	M40-49	Paxton	CMS	760
22	25:04	Cheryl Bechunas	1/3	F50-59	Sutton	CMS	767
23	25:22	Matt Zaterka	6/7	M50-59	Paxton	CMS	776
24	25:53	Elliot Beane	3/4	F20-39	Worcester	CMS	774
25	26:15	Scott Johnson	6/7	M40-49	Holden		743
26	26:15	Vanette Inacio	2/3	F50-59	Worcester	CMS	773
27	26:17	Dahlia Welland	1/1	F0-19	Shrewsbury	CMS	780
28	27:02	Julie Dragon	1/1	F40-49	Sturbridge	CMS	768
29	27:14	Jim Hehir	1/1	M60-69	Worcester	CMS	751
30	27:24	Emily Dietzel	4/4	F20-39	Worcester	CMS	781
31	27:44	Nancy Ryan	1/4	F60-69	Sutton	CMS	766
32	29:17	Cathy Downing	2/4	F60-69	Webster	CMS	761
33	35:20	Al Morrissey	1/3	M70+	Shrewsbury	CMS	758
34	35:31	Deb Davis	3/4	F60-69	Holden	CMS	748
35	36:08	Bryan O'Keefe	7/7	M40-49	Billerica		765
36	36:17	Marta Carlson	4/4	F60-69	Paxton	CMS	777
37	37:26	Helen Januszewski	3/3	F50-59	Oakham	CMS	764
38	37:34	Nate Howe	7/7	M50-59	Marlboro	CMS	775
39	42:36	Curt Downing	2/3	M70+	Webster	CMS	763
40	54:30	John Hendrick	3/3	M70+	Berlin	CMS	762
RACE DIRECTORS: Steve Laska, Clare Foley							
VOLUNTEERS: Paul Lemerise, Matt Kaestner, Karen Pajer, Joe Alfano, Phil Savoy, Karen McGahie, Barbara McManus, Steve Carrier, Karen Lemerise, Kim Gordon Laska, Anna Gawrych, Linda Simmons, Stanley Mungal, Patrick Keary, Fiona Walsh, Sue Stomski, Jennifer Saunders, Matt Hall, Meghan MacDonald, Vin Garofoli.							
Timing and Scoring by Central Mass Striders www.cmsrun.org							
Corrections please e-mail centralmassstridersresults@gmail.com							