

Lake Park 5K Series - Race 1							
Lake Quinsigamond State Park							
Worcester, MA							
July 7, 2026							
Weather - Rain. 63° Humidity 94% Wind 9mph NE Feels like 59°.							
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	BIB #
1	18:22	Jack O'Reilly	1/2	M20-39	W Boylston	CMS	713
2	19:32	Paul Kamuzora	1/2	M40-49	Northboro	CMS	710
3	21:19	Aaron Hero	2/2	M40-49	Boylston	CMS	382
4	23:10	Max Morrissey	2/2	M20-39	Shrewsbury	CMS	702
5	24:03	Peter Welland	1/1	M50-59	Shrewsbury	CMS	711
6	25:39	Lauren Coutu	1/2	F20-39	Baldwinville		706
7	25:53	Wendy Coutu	1/2	F50-59	Baldwinville		703
8	27:24	Jim Hehir	1/1	M60-69	Worcester	CMS	709
9	27:50	Rosanna Gessel-Larson	2/2	F20-39	W Boylston	CMS	714
10	27:57	Nancy Ryan	1/2	F60-69	Sutton	CMS	708
11	28:22	Cathy Downing	2/2	F60-69	Webster	CMS	704
12	28:26	Julie Dragon	1/1	F40-49	Sturbridge	CMS	707
13	30:51	Cheryl Bechunas	2/2	F50-59	Sutton	CMS	712
14	32:54	Al Morrissey	1/2	M70+	Shrewsbury	CMS	701
15	41:29	Curt Downing	2/2	M70+	Webster	CMS	705
RACE DIRECTORS:		Steve Laska, Claire Foley					
VOLUNTEERS:		Karen Lemerise, Barbara McManus, Fiona Walsh, Kim Gordon Laska, Joe Alfano, Paul Lemerise, Karen Pajer, Joan Recore, Matt Kaestner, Kelly Wolf-Bellin, Karen McGahie, Phil Savoy, Sue Stomski, Jennifer Saunders, Steve Carrier, Linda Simmons, Matt Hall.					
Timing and Scoring by Central Mass Striders www.cmsrun.org							
Corrections please e-mail centralmassstridersresults@gmail.com							