

CMS 52-Week 5K Series - Week 42							
Worcester State University							
Worcester, MA							
October 19, 2024							
Weather - Sunny, 48°. Humidity 69%. Wind 2mph W							
5K or 10K Option This Week.							
5K RESULTS							
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	
1	18:36	Mark Swistak	1/4	M40-49	W. Brookfield	CMS	
2	19:49	Paul Kamuzora	2/4	M40-49	Northboro	CMS	
3	21:41	Kareem Lanier	1/3	M50-59	Lincoln University, PA	TNT Int. Racing Club	
4	23:17	Carlos Sampaio	2/3	M50-59	Worcester	CMS	
5	23:26	Mike Bresnahan	3/4	M40-49	Whitinsville	CMS	
6	24:16	John Pajer	1/8	M60-69	Leicester	CMS	
7	24:30	Julie Dragon	1/2	F40-49	Sturbridge	CMS	
8	24:59	Vin Garofoli	2/8	M60-69	Worcester	CMS	
9	25:16	David Maher	3/8	M60-69	N Brookfield	CMS	
10	25:18	Dave Leidel	1/3	M70+	Worcester	CMS	
11	26:07	Mike Lynch	4/8	M60-69	Worcester	CMS	
12	26:13	Scott Schaeffer-Duffy	5/8	M60-69	Worcester	CMS	
13	26:50	Dave Krom	6/8	M60-69	Worcester	CMS	
14	28:12	George Paradis	2/3	M70+	Oakham	CMS	
15	29:03	Autumn Cloutier	1/2	F0-19	Marlboro		
16	29:28	Hector Cruz	7/8	M60-69	Shrewsbury	CMS	
17	29:31	Liz Leidel	2/2	F40-49	Worcester	CMS	
18	30:20	John Gigarjian	3/3	M70+	Douglas	CMS	
19	32:10	Emily Morrissey	2/2	F0-19	Worcester	CMS	
20	32:11	Mike Morrissey	4/4	M40-49	Worcester	CMS	
21	35:07	Deb Davis	1/1	F60-69	Holden	CMS	
22	35:08	Al Morrissey	8/8	M60-69	Shrewsbury	CMS	
23	36:21	Nate Howe	3/3	M50-59	Marlboro	CMS	
24	37:03	Nicholas Parham	1/1	M20-39	Worcester	CMS	
25	48:08	Nana Nkrahene	1/1	F20-39	Spencer	CMS	6:30 Late Start
10K RESULTS							
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	5K SPLITS
1	45:54	Joselito Bonilla	1/1	M40-49	Worcester	CMS	22:43
2	49:32	Erich Mierzejewski	1/1	M50-59	Holden	CMS	24:08
3	54:27	Jim Hehir	1/1	M60-69	Worcester	CMS	27:11
DIRECTION: Counter-Clockwise							
VOLUNTEERS: Joe Alfano, Karen Pajer, Bob Brady, Paul Lemerise, Mike Keating, Steve Laska, Kim Gordon, Linda Marie Simmons.							
Timing and Scoring by Central Mass Striders www.cmsrun.org							
Corrections please e-mail centralmassstridersresults@gmail.com							