

CMS 52-Week 5K Series - Week 46

Worcester State University

Worcester, MA

November 16, 2024

Weather - Mostly Sunny, 47°. Humidity 42%. Wind 11mph NW

5K or 10K Option This Week.

5K RESULTS

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB
1	18:40	Mark Swistak	1/7	M40-49	W. Brookfield	CMS
2	20:27	Paul Kamuzora	2/7	M40-49	Northboro	CMS
3	20:50	Shane Connolly	1/4	M20-39	Worcester	WSU
4	21:54	David Canale	2/4	M20-39	Shrewsbury	
5	22:28	Braden Moriarty	1/5	M0-19	Worcester	WPI
6	22:49	Andre Bennatan	1/8	M60-69	Mansfield, CT	
7	22:52	Alice McKeon	1/1	F60-69	Worcester	CMS
8	23:11	Brain Farmer	3/7	M40-49	Ware	EORC
9	23:17	Carlos Sampaio	1/6	M50-59	Worcester	CMS
10	24:06	Jordan Dennett	2/5	M0-19	Worcester	South High
11	24:10	Josh Delgado	3/4	M20-39	Paxton	
12	24:14	Isaac Stephen	4/4	M20-39	Shrewsbury	
13	24:19	Gennaro Conte	2/8	M60-69	Shrewsbury	
14	24:24	Brain St Jean	3/8	M60-69	Springfield	EORC
15	24:29	Mark Favreault	4/7	M40-49	Worcester	CMS
16	25:04	John Baldor	3/5	M0-19	Worcester	WPI
17	25:23	Dave Leidel	1/3	M70+	Worcester	CMS
18	25:28	Erik Stedman	2/6	M50-59	Grafton	CMS
19	25:37	Chris Waslake	3/6	M50-59	Athol	CMS
20	25:54	Shanna Hauver	1/3	F50-59	Holden	CMS
21	25:58	Julie Dragon	1/3	F40-49	Sturbridge	CMS
22	26:13	Vanette Inacio	2/3	F50-59	Worcester	CMS
23	26:16	Scott Schaeffer-Duffy	4/8	M60-69	Worcester	CMS
24	26:18	Jim Hehir	5/8	M60-69	Worcester	CMS
25	26:40	Sitaram Pawar	4/6	M50-59	Shrewsbury	CMS
26	26:51	Kendra Cantrell	2/3	F40-49	Worcester	
27	26:53	Ryan Zappone	4/5	M20-39	Worcester	WPI
28	27:08	Frank Wesonga	5/7	M40-49	Worcester	
29	27:15	John Muragori	5/6	M50-59	Worcester	
30	27:37	Giovanni Guzman	5/5	M0-19	Worcester	South High
31	27:44	Jeff Adair, Sr	6/8	M60-69	Worcester	CMS
32	27:50	Dave Krom	7/8	M60-69	Worcester	CMS
33	28:34	George Paradis	2/3	M70+	Oakham	CMS
34	29:29	Kelly Wolfe-Bellin	3/3	M50-59	Worcester	CMS
35	29:53	Abby Moon	1/1	F20-39	Worcester	CMS
36	30:07	John Gigarjian	3/3	M70+	Douglas	CMS
37	30:39	Hector Cruz	8/8	M60-69	Shrewsbury	CMS
38	32:03	Mike Morrissey	6/7	M40-49	Worcester	CMS
39	32:34	Mike Pratt	7/7	M40-49	Rutland	
40	33:36	Sarah Cormier	3/3	F40-49	Northboro	CMS
41	39:47	Nate Howe	6/6	M50-59	Marlboro	CMS

10K RESULTS on next page.

10K RESULTS							
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	5K SPLITS
1	41:54	Rob Auger	1/3	M40-49	Millbury	CMS	20:44
2	42:53	David Catarius	1/3	M50-59	Shrewsbury	CMS	21:06
3	45:55	Joselito Bonilla	2/3	M40-49	Worcester	CMS	22:32
4	45:59	Tim Woodcock	2/3	M50-59	Sutton	CMS	23:26
5	47:47	Erich Mierzejewski	3/3	M50-59	Holden	CMS	23:47
6	51:04	Jorge Landeo	3/3	M40-49	Rutland	CMS	25:19
7	51:33	Pam Palmer	1/2	F50-59	Paxton	CMS	26:04
8	54:37	Mike Lynch	1/4	M60-69	Worcester	CMS	26:49
9	54:59	David Ndegwa	2/4	M60-69	Grafton	CMS	26:48
10	55:59	Erin McGrath	1/1	F0-19	Warren	CMS	26:40
11	56:52	Trista Brown	2/2	F50-59	Upton	CMS	27:41
12	1:07:33	Linda Usher	1/1	F70+	Upton	CMS	32:51
13	1:07:35	Doug Usher	3/4	M60-69	Upton	CMS	24:47
14	1:12:52	Deb Davis	1/1	F60-69	Holden	CMS	35:04
15	1:12:55	Al Morrissey	4/4	M60-69	Shrewsbury	CMS	35:03
<b>DIRECTION:</b>	Counter-Clockwise						
<b>VOLUNTEERS:</b>	Joe Alfano, Karen Pajer, Bob Brady, Paul Lemerise, Mike Keating, Matt Hall, Linda Luthman, John Pajer, Vin Garofoli, Molly Riordan, Linda Marie Simmons.						
Timing and Scoring by Central Mass Striders <a href="http://www.cmsrun.org">www.cmsrun.org</a>							
Corrections please e-mail <a href="mailto:centralmassstridersresults@gmail.com">centralmassstridersresults@gmail.com</a>							