

CMS 52-Week 5K Series - Week 20							
Worcester State University							
Worcester, MA							
May 18, 2024							
Weather - Cloudy(start) - Misty - Rain (finish) 56°.							
5K or 10K Option This Week							
5K RESULTS							
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	
1	18:09	Aaron Bellomo	1/1	M20-39	Rochester, NY		
2	18:44	Rob Auger	1/1	M40-49	Millbury	CMS	
3	24:32	Carlos Moreira	1/4	M50-59	Worcester	CMS	
4	24:36	Erik Stedman	2/4	M50-59	Grafton	CMS	
5	25:22	Julie Dragon	1/4	F40-49	Sturbridge	CMS	
6	25:33	Vin Garofoli	1/6	M60-69	Worcester	CMS	
7	25:36	Dave Leidel	1/1	M70+	Worcester	CMS	
8	25:59	Chris Waslake	3/4	M50-59	Athol	CMS	
9	26:25	Jim Hehir	2/6	M60-69	Worcester	CMS	
10	27:05	Mike Lynch	3/6	M60-69	Worcester	CMS	
11	28:36	Dave Krom	4/6	M60-69	Worcester	CMS	
12	29:14	Jess Howland	2/4	F40-49	Worcester	CMS	
13	29:17	Sarah Cormier	3/4	F40-49	Northboro	CMS	
14	30:51	Aisha Raheem	4/4	F40-49	Worcester	CMS	
15	33:15	Jane Bouchard	1/1	F50-59	Worcester	CMS	
16	34:45	Al Morrissey	5/6	M60-69	Shrewsbury	CMS	
17	34:54	Deb Davis	1/1	F60-69	Holden	CMS	
18	35:37	Nate Howe	4/4	M50-59	Marlboro	CMS	
19	43:48	Linda Usher	1/1	F70+	Upton	CMS	
20	43:49	Doug Usher	6/6	M60-69	Upton	CMS	
10K RESULTS							
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	5K SPLITS
1	45:36	Joselito Bonilla	1/1	M40-49	Worcester	CMS	22:30
2	49:08	Erich Mierzejewski	1/2	M50-59	Holden	CMS	24:17
3	50:58	Stanley Mungai	1/1	M20-39	Worcester	CMS	24:26
4	57:29	Jeff Adair, Sr	1/1	M60-69	Worcester	CMS	28:33
5	1:05:04	Frank Croghan	2/2	M50-59	Millbury	CMS	31:41
6	1:49:07	Bob Piankian	1/1	M70+	Newton	CMS	
DIRECTION:	Counter-Clockwise						
VOLUNTEERS:	Joe Alfano, Karen Pajer, Linda Luthman, Linda Marie Simmons, Matt Hall, Paul Lemerise, Steve Laska..						
Timing and Scoring by Central Mass Striders www.cmsrun.org							
Corrections please e-mail centralmassstridersresults@gmail.com							