

CMS 52-Week 5K Series - Week 29

Worcester State University
Worcester, MA

July 20, 2024

Weather - Partly Sunny, 76°.

5K or 10K Option & Wear Your Oldest Tshirt Run This Week

Congratulations to Dave Leidel for wearing the oldest Tshirt ~1966 Wilson Jr High Running Shirt

5K RESULTS

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	
1	23:02	Matt Zaterka	1/1	M50-59	Paxton	CMS	
2	25:12	Efrain Valentin	1/1	M0-19	Worcester	Worc Tech	
3	25:24	Vin Garofoli	1/7	M60-69	Worcester	CMS	
4	26:04	Dave Leidel	1/3	M70+	Worcester	CMS	
5	26:47	David Maher	2/7	M60-69	N Brookfield	CMS	
6	26:49	Chris Waslake	2/6	M50-59	Athol	CMS	
7	27:03	Jess Howland	1/4	F40-49	Worcester	CMS	
8	27:08	Julie Dragon	2/4	F40-49	Sturbridge	CMS	
9	27:15	Scott Schaeffer-Duffy	3/7	M60-69	Worcester	CMS	
10	27:17	Jim Hehir	4/7	M60-69	Worcester	CMS	
11	29:18	Mike Keating	5/7	M60-69	Worcester	CMS	
12	30:11	Burt Tilley	3/6	M50-59	Worcester	CMS	
13	31:00	Shannon Ruiz	1/1	F0-19	Worcester	WSU	
14	31:05	Bill Campbell	1/1	M40-19	Holden	CMS	
15	31:13	Hector Cruz	6/7	M60-69	Shrewsbury	CMS	
16	31:35	Sarah Cormier	3/4	F40-49	Northboro	CMS	
17	32:44	John Gigarjian	2/3	M70+	Douglas	CMS	
18	33:11	Liz Leidel	4/4	F40-49	Worcester	CMS	
19	33:51	Al Morrissey	7/7	M60-69	Shrewsbury	CMS	
20	34:50	Nate Howe	4/6	M50-59	Marlboro	CMS	
21	36:26	Ryan Johnson	5/6	M50-59	Millbury	CMS	
22	37:27	Bill Gonsorcik	6/6	M50-59	Worcester	CMS	
23	37:56	Jennifer Konisky	1/2	F50-59	Spencer		
24	38:52	Marta Carlson	1/1	F60-69	Paxton	CMS	
25	41:25	Evan Griffith	1/2	M20-39	Holden	CMS	Lost (3.1 ~ 19:47)
26	41:35	Nicholas Parham	2/2	M20-39	Worcester	CMS	
27	42:24	Alicia Brenner	2/2	F50-59	Shrewsbury		
28	45:20	Juan Santana	2/2	M70+	W Boylston	CMS	

10K RESULTS

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	5K SPLITS
1	48:00	Erich Mierzejewski	1/3	M50-59	Holden	CMS	23:13
2	58:20	Rick Wood	2/3	M50-59	Paxton	CMS	30:24
3	1:01:00	John Walsh	3/3	M50-59	Rutland	CMS	27:54
4	1:07:05	Diane Waters	1/1	F60-69	Auburn	CMS	33:50

DIRECTION: Counter-Clockwise

VOLUNTEERS: Joe Alfano, Karen Pajer, Bob Brady, Paul Lemerise, John Keating, Linda Luthman, John Pajer, Barbara McManus.

Timing and Scoring by Central Mass Striders www.cmsrun.org

Corrections please e-mail centralmassstridersresults@gmail.com