

CMS 52-Week 5K Series - Week 42

Worcester State University

Worcester, MA

October 18, 2025

Weather - Sunny 48°. Humidity 75%. Wind 2 mph NNW, Feels Like 55°.

5K or 10K Option This Week.

5K RESULTS

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB
1	23:58	Greg Chase	1/6	M20-39	Worcester	
2	24:12	Michael Stentzel	2/6	M20-39	Clinton	CMS
3	25:40	Rick Wood	1/3	M50-59	Paxton	CMS
4	25:56	Vin Garofoli	1/2	M70+	Worcester	CMS
5	26:11	David Maher	1/2	M60-69	N Brookfield	CMS
6	26:32	Scott Schaeffer-Duffy	2/2	M60-69	Worcester	CMS
7	30:03	Stephen Trombley	2/3	M50-59	Boylston	CMS
8	30:12	Daniel Ong	1/1	M0-19	Worcester	South High
9	32:35	Jamaal Johnson	3/6	M20-39	Marlboro	CMS
10	32:36	Adam LeMay	4/6	M20-39	Boxborough	CMS
11	33:36	Jospeh Argueta	5/6	M20-39	Leominster	CMS
12	33:56	Al Morrissey	2/2	M70+	Shrewsbury	CMS
13	35:13	Marta Carlson	1/1	F60-69	Paxton	CMS
14	35:25	Nate Howe	3/3	M50-59	Marlboro	CMS
15	51:24	Nicolas Joaquim	6/6	M20-39	Leominster	

10K RESULTS

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	5K SPLITS	BIB #
1	40:24	Andrew Mita	1/3	M40-49	Worcester		19:55	2600
2	40:32	Mark Swistak	2/3	M40-49	W Brookfield	CMS	20:02	
3	44:04	Tim Woodcock	1/4	M50-59	Sutton	CMS	23:05	1
4	46:20	Erich Mierzejewski	2/4	M50-59	Holden	CMS	23:09	2
5	53:25	Erik Stedman	1/1	M60-69	Grafton	CMS	26:18	7
6	55:08	Bill Campbell	3/3	M40-49	Holden	CMS	26:51	14
7	1:00:08	Carlos Sampaio	3/4	M50-59	Worcester	CMS	29:22	15
8	1:00:12	Vanette Inacio	1/1	F50-59	Worcester	CMS	29:22	17
9	1:01:14	Sebastian Tapia	4/4	M50-59	Worcester	CMS	30:30	2698

DIRECTION: Counter-Clockwise

VOLUNTEERS: Joe Alfano, Paul Lemerise, Karen Pajer, Bob Brady, Linda Simmons.

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

Corrections please e-mail centralmassstridersresults@gmail.com