

CMS 52-Week 5K Series - Week 3

Worcester State University

Worcester, MA

January 18, 2025

Weather - Cloudy, 35°. Humidity 79%. Wind 12 mph SSW, Feels Like 22°.

5K or 10K Option This Week.

**5K RESULTS**

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB
1	19:54	Norm Everett	1/5	M20-39	Worcester	CMS
2	20:14	Mike Morrissey	1/4	M40-49	Worcester	CMS
3	22:13	Yibran Rodriguez	2/5	M20-39	Lawrence	
4	25:09	Josue Matias	3/5	M20-39	Fitchburg	CMS
5	25:L34	Mike Bresnahan	2/4	M40-49	Whitinsville	CMS
6	25:57	Erik Stedman	1/5	M50-59	Grafton	CMS
7	25:58	Julie Dragon	1/2	F40-49	Sturbridge	CMS
8	26:22	Jeff Adair, Sr	1/5	M60-69	Worcester	CMS
9	26:34	Chris Waslake	2/5	M50-59	Athol	CMS
10	27:01	Noah Giordano	4/5	M20-39	Fitchburg	CMS
11	27:23	Mike Lynch	2/5	M60-69	Worcester	CMS
12	27:28	Scott Schaeffer-Duffy	3/5	M60-69	Worcester	CMS
13	27:49	Erin McGrath	1/2	F0-19	Warren	CMS
14	28:17	Martin Simmons	3/5	M50-59	Worcester	CMS
15	28:50	Jess Howland	2/2	F40-49	Worcester	CMS
16	29:08	Hector Cruz	4/5	M60-69	Shrewsbury	CMS
17	30:18	Joe LaValle	3/4	M40-49	Paxton	CMS
18	30:37	Stephen Trombley	4/5	M50-59	Boylston	CMS
19	32:57	Jane Bouchard	1/3	F50-59	Worcester	CMS
20	33:55	Vin Garofoli	5/5	M60-69	Worcester	CMS
21	35:14	Esta Singer	2/3	F50-59	Holden	CMS
22	38:53	Coco Auger	2/2	F0-19	Millbury	CMS
23	39:02	Rob Auger	4/4	M40-49	Millbury	CMS
24	40:37	Nate Howe	5/5	M50-59	Marlboro	CMS
25	43:12	Nicholas Parham	5/5	M20-39	Worcester	CMS
26	47:19	Heather Daly	3/3	F50-59	Harvard	

**10K RESULTS**

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	5K SPLITS
1	38:56	Mark Swistak	1/1	M40-49	W Brookfield	CMS	19:21
2	44:03	Kevin Merchant	2/3	M40-49	Auburn	CMS	21:42
3	44:48	Sam Johnson	1/4	M50-59	Hubbardston	CMS	23:03
4	46:17	Chris Kardos	3/4	M50-59	Northboro	CMS	22:45
5	49:16	Carlos Sampaio	3/4	M50-59	Worcester	CMS	25:18
6	49:53	Gennaro Conte	1/2	M60-69	Shrewsbury	CMS	25:17
7	51:06	Joselito Bonilla	3/3	M40-49	Worcester	CMS	24:08
8	55:11	Jim Hehir	2/2	M60-69	Worcester	CMS	27:29
9	56:16	Sitaram Pawar	4/4	M50-59	Shrewsbury	CMS	27:17
10	57:08	Trista Brown	1/1	F50-59	Upton	CMS	27:38
11	1:09:10	Linda Usher	1/1	F70+	Upton	CMS	32:55
12	1:54:17	Bob Piankian	1/1	M70+	Newton	CMS	56:21

**DIRECTION:** Counter-Clockwise

**VOLUNTEERS:** Joe Alfano, Karen Pajer, Bob Brady, Linda Luthman,, Matt Hall, Linda Marie Simmons,

Timing and Scoring by Central Mass Striders [www.cmsrun.org](http://www.cmsrun.org)

Corrections please e-mail [centralmassstridersresults@gmail.com](mailto:centralmassstridersresults@gmail.com)