

CMS 52-Week 5K Series - Week 7

Worcester State University

Worcester, MA

February 15, 2025

Weather - Partly Sunny, 23°. Humidity 55%. Wind 1 mph WNW, Feels Like 23°.

5K or 10K Option This Week.

**5K RESULTS**

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	
1	20:22	Ron Lipka	1/2	M40-49	Northboro		
2	21:11	Mike Morrissey	2/2	M40-49	Worcester	CMS	
3	22:55	Jason Xing	1/6	M50-59	Northboro		
4	25:25	Erik Stedman	2/6	M50-59	Grafton	CMS	
5	25:50	Matthew Falvey	1/5	M60-69	Worcester	CMS	
6	26:09	St Cyr Dimanche	1/1	M20-39	Worcester	CMS	:32 Late Start
7	26:09	Chris Waslake	3/6	M50-59	Athol	CMS	
8	26:16	Jeff Adair, Sr	2/5	M60-69	Worcester	CMS	
9	26:23	Julie Dragon	1/1	F40-49	Sturbridge	CMS	
10	26:23	Mike Lynch	3/5	M60-69	Worcester	CMS	
11	27:47	James Morrissey	4/6	M50-59	W Boylston	CMS	
12	28:27	Trista Brown	1/5	F50-59	Upton	CMS	
13	29:35	Hector Cruz	4/5	M60-69	Shrewsbury	CMS	
14	30:02	Steve O'Neil	5/6	M50-59	Worcester	CMS	
15	30:56	Stephen Trombley	6/6	M50-59	Boylston	CMS	
16	31:54	Linda Usher	1/1	F70+	Upton	CMS	
17	32:03	Melissa Butler	2/5	F50-59	Worcester	CMS	
18	32:30	Esta Singer	3/5	F50-59	Holden	CMS	
19	33:42	Al Morrissey	5/5	M60-69	Shrewsbury	CMS	
20	35:32	Jane Bouchard	4/5	F50-59	Worcester	CMS	
21	48:01	Jennifer Saunders	5/5	F50-59	Holden	CMS	

**10K RESULTS**

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	5K SPLITS
1	38:55	Mark Swistak	1/1	M40-49	W Brookfield	CMS	19:23
2	42:11	Rob Auger	2/3	M40-49	Millbury	CMS	20:55
3	47:08	Carlos Sampaio	1/2	M50-59	Worcester	CMS	23:57
4	47:31	Joselito Bonilla	3/3	M40-49	Worcester	CMS	23:10
5	48:01	Erich Mierzejewski	2/2	M50-59	Holden	CMS	23:52
6	55:31	Pam Palmer	1/1	F50-59	Paxton	CMS	26:27
7	58:51	Beth Songer	1/1	F40-49	Sterling	CMS	28:49
8	59:28	Erin McGrath	1/1	F0-19	Warren	CMS	29:10

**DIRECTION:** Counter-Clockwise

**VOLUNTEERS:** Joe Alfano, Karen Pajer, Bob Brady, Linda Luthman., Scott Schaeffer-Duffy, Linda Marie Simmons, John Pajer,

Timing and Scoring by Central Mass Striders [www.cmsrun.org](http://www.cmsrun.org)  
 Corrections please e-mail centralmassstridersresults@gmail.com