

			CMS 52-Week 5K Series - Week 11					
			Worcester State University					
			Worcester, MA					
March 15, 2025								
	Weather - Cloudy/fog, 40°. Humidity 95%. Wind 10 mph SSW, Feels Like 33°.							
			5K or 10K Option This Week.					
5K RESULTS								
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB		
1	19:44	Josh Curtis	1/6	M40-49	Worcester	CMS		
2	20:16	Kevin Merchant	2/6	M40-49	Auburn	CMS		
3	20:18	Mike Morrissey	3/6	M40-49	Worcester	CMS		
4	22:19	Brian Farmer	4/6	M40-49	Ware	EROC		
5	23:05	Miles Caponi	1/1	M0-19	Brooklyn, NY	Clark		
6	25:09	Rich Victor	1/3	M50-59	Mendon			
7	25:13	Matt Falvey	1/10	M60-69	Worcester	CMS		
8	25:21	John Pajer	2/10	M60-69	Leicester	CMS		
9	25:45	Hicham Maalouf	5/6	M40-49	Holden	CMS		
10	25:46	Leeanne Perry	1/2	F40-49	Upton	CMS		
11	25:51	Lester Forgit	3/10	M60-69	Worcester	CMS		
12	26:22	Jim Hehir	4/10	M60-69	Worcester	CMS		
13	26:38	Julie Dragon	2/2	F40-49	Sturbridge	CMS		
14	27:37	Scott Schaeffer-Duffy	5/10	M60-69	Worcester	CMS		
15	28:42	URO-----						
16	29:10	Vin Gsrofoli	6/10	M60-69	Worcester	CMS		
17	29:12	Emmy Udry	1/1	F20-39	Nyack, NY	Clark		
18	29:57	Bill Campbell	6/6	M40-49	Holden	CMS		
19	30:01	David Ndgewa	7/10	M60-69	Grafton	CMS		
20	30:16	Hector Cruz	8/10	M60-69	Shrewsbury	CMS		
21	30:24	Antonia Schneider	1/1	F0-19	Denver, CO	Clark		
22	31:02	Stephen Trrombley	2/3	M50-59	Boylston	CMS		
23	31:36	Mike Keating	9/10	M60-69	Worcester	CMS		
24	36:08	Jospeh Argueta	1/1	M20-39	Leominster	CMS		
25	36:36	Deb Davis	1/1	F60-69	Holden	CMS		
26	36:37	Al Morrissey	10/10	M60-69	Shrewsbury	CMS		
27	40:00	Nate Howe	3/3	M50-59	Marlboro	CMS		
28	43:52	Juan Santana	1/1	M70+	W Boylston	CMS		
10K RESULTS								
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	5K SPLITS	
1	37:24	Summit Smoker	1/1	M0-19	Lititz, PA	Clark	18:44	
2	37:48	Robert Burton	1/3	M20-39	Lutz, FL	Clark	18:44	
3	38:14	Kevin Braunwart	2/3	M20-39	Hebron, CT	Clark	18:53	
4	38:28	Mark Swistak	1/2	M40-49	W Brookfield	CMS	18:54	
5	39:59	William Pulvino	3/3	M20-39	Scarborough, ME	Clark	19:04	
6	41:25	Tim Wookdcock	1/7	M50-59	Sutton	CMS	20:57	
7	43:28	Sam Johnson	2/7	M50-59	Hubbardston	CMS	22:07	
8	46:30	Lily Carey	1/4	F20-39	Skokie, IL	Clark	24:05	
9	46:54	Nicole Steele	1/1	F0-19	Bedford, MA	Clark	24:05	
10	46:55	Siobhan Connolly	2/4	F20-39	Medfield, MA	Clark	24:05	
11	47:05	Joselito Bonilla	2/2	M40-49	Worcester	CMS	23:57	
12	48:00	Erich Mierzejewski	3/7	M50-59	Holden	CMS	24:19	
13	49:14	Shi Lei	4/7	M50-59	Holden	CMS	24:34	
14	49:55	Carlos Sampaio	5/7	M50-59	Worcester	CMS	25:35	
15	50:49	Yanping Yang	1/1	F50-59	Holden	CMS	25:29	
16	52:42	Erik Stedman	6/7	M50-59	Grafton	CMS	25:58	
17	1:00:10	Lily Vincent	3/4	F20-39	West Suffield, CT	Clark	30:45	
18	1:00:11	Wynne Dromey	4/4	F20-39	Longmeadow, MA	Clark	30:44	

19	1:02:21	Steve O'Neil		7/7	M50-59	Worcester	CMS	29:50
20	1:03:02	Stephen Schad		2/2	M40-49	Holden	CMS	30:30
DIRECTION:	Counter-Clockwise							
VOLUNTEERS:	Joe Alfano, Karen Pajer, Bob Brady, Linda Luthman,, Jess Howland, Barbara McManus, Alik Saring,							
Timing and Scoring by Central Mass Striders www.cmsrun.org								
Corrections please e-mail centralmassstridersresults@gmail.com								