

CMS 52-Week 5K Series - Week 25

Worcester State University

Worcester, MA

June 21, 2025

Weather - Sunny 72°. Humidity 58%. Wind 8 mph WNW, Feels Like 75°.

5K or 10K Option This Week.

**5K RESULTS**

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB
1	18:18	Mark Swistak	1/2	M40-49	W Brookfield	CMS
2	22:04	-----???				
3	24:06	Sam Richesson	1/9	M50-59	Worcester	
4	24:20	Paul Coughlin	2/9	M50-59	Marlboro	CMS
5	24:34	Hicham Maalouf	2/2	M40-49	Holden	CMS
6	24:39	Carlos Sampaio	3/9	M50-59	Worcester	CMS
7	25:54	David Maher	1/6	M60-69	N Brookfield	CMS
8	26:12	Vin Garofoli	1/1	M70+	Worcester	CMS
9	26:28	Jim Hehir	2/6	M60-69	Worcester	CMS
10	27:09	Scott Schaeffer-Duffy	3/6	M60-69	Worcester	CMS
11	27:54	Martin Simmons	4/9	M50-59	Worcester	CMS
12	28:59	James Morrissey	5/9	M50-59	W Boylston	CMS
13	30:18	Hector Cruz	4/6	M60-69	Shrewsbury	CMS
14	32:03	Frank Croghan	6/9	M50-59	Millbury	CMS
15	32:12	Stephen Trombley	7/9	M50-59	Boylston	CMS
16	32:43	Sebastian Tapia	8/9	M50-59	Worcester	
17	33:34	David Ndegwa	5/6	M60-69	Grafton	CMS
18	35:05	Deb Davis	1/2	F60-69	Holden	CMS
19	35:17	Nate Howe	9/9	M50-59	Marlboro	CMS
20	35:21	Taro Fujimori	6/6	M60-69	Shrewsbury	CMS
21	36:37	Marta Carlson	2/2	F60-69	Paxton	CMS
		Aaron Hero		M40-49	Boylston	
		Vikrant Patil		M40-49	Hopkinton	
		Mohini Shinde		F40-49	Hopkinton	

**10K RESULTS**

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	5K SPLITS	BIB #
1	40:50	Andrew Mita	1/6	M40-49	Worcester			2563
2	40:55	Rob Auger	2/6	M40-49	Millbury	CMS		2573
3	41:15	James Duvernay	3/6	M40-49	Houston, TX			2564
4	47:10	Joselito Bonilla	4/6	M40-49	Worcester	CMS		2574
5	47:34	Matt Zaterka	1/3	M50-59	Paxton	CMS		2568
6	47:50	Erich Mierzejewski	2/3	M50-59	Holden	CMS		2559
7	52:46	Rich Victor	3/3	M50-59	Mendon	CMS/Tri-Valley		2560
8	54:17	Pam Palmer	1/1	F50-59	Paxton	CMS		2562
9	55:19	Andrew MacDonald	1/2	M20-49	Jefferson	CMS		2566
10	55:39	Jeff Adair, Sr	1/2	M60-69	Worcester	CMS		2561
11	57:00	Ryan Wessling	2/2	M20-49	Abington			2575
12	58:59	Mike Lynch	2/2	M60-69	Worcester	CMS		2565
13	59:19	Mike Bresnahan	5/6	M40-49	Whitinsville	CMS		2570
14	1:00:55	Bill Campbell	6/6	M40-49	Holden	CMS		2572
15	1:04:03	Melanie Coyne	1/1	F20-39	Worcester	CMS		2567
		Julie Costanza		F40-49	Northbridge			2571

**DIRECTION:** Clockwise

**VOLUNTEERS:** Paul Lemerise, Karen Pajer, Linda Marie Simmons, Bob Brady, Beth Songer, Al Morrissey, Dave Leidel.

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)