

CMS 52-Week 5K Series - Week 29

Worcester State University

Worcester, MA

July 19, 2025

Weather - Sunny 72°. Humidity 58%. Wind 8 mph ENE, Feels Like 76°.

5K or 10K Option This Week.

**5K RESULTS**

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB
1	20:01	Rob Auger	1/3	M40-49	Millbury	CMS
2	20:28	Mark Swistak	2/3	M40-49	W Brookfield	CMS
3	20:44	Aaron Hero	3/3	M40-49	Boylston	CMS
4	21:51	Lily L	1/3	F0-19	Shrewsbury	CMS
5	22:34	J'cier Santana	1/3	M0-19	Worcester	
6	22:53	Izzy Abdella	2/3	F0-19	Paxton	1% Club
7	22:59	Sam Richesson	1/5	M50-59	Worcester	CMS
8	23:07	Saint Cyr Dimache	1/3	M20-39	Worcester	CMS
9	24:02	Alex VanAntwerp	2/3	M20-39	Worcester	CMS
10	24:19	Matt Falvey	1/8	M60-69	Worcester	CMS
11	24:46	Rich Victor	2/5	M50-59	Mendon	CMS/Tri-Valley
12	24:54	John Pajer	2/8	M60-69	Leicester	CMS
13	25:39	David Maher	3/8	M60-69	N Brookfield	CMS
14	26:23	Vin Garofoli	1/1	M70+	Worcester	CMS
15	26:37	Julie Dragon	1/3	F40-49	Sturbridge	CMS
16	25:45	Jim Hehir	4/8	M60-69	Worcester	CMS
17	27:06	Scott Schaeffer-Duffy	5/8	M60-69	Worcester	CMS
18	28:01	Erfrain Valentin	2/3	M0-19	Worcester	
19	29:23	Sebastian Tapia	3/5	M50-59	Worcester	CMS
20	29:28	Hector Cruz	6/8	M60-69	Shrewsbury	CMS
21	30:32	Kevin Arias	3/3	M0-19	Worcester	
22	31:12	Stephen Trombley	4/5	M50-59	Boylston	CMS
23	32:04	Sarah Cormier	2/3	F40-49	Northboro	CMS
24	32:24	David Ndegwa	7/8	M60-69	Grafton	CMS
25	32:49	Katie Fujimori	1/2	F20-39	Shrewsbury	CMS
26	33:23	Jane Bouchard	1/2	F60-69	Worcester	CMS
27	34:05	Nicole L	3/3	F40-49	Shrewsbury	CMS
28	35:37	Nate Howe	5/5	M50-59	Marlboro	CMS
29	36:08	Shannon Ruiz	3/3	F0-19	Worcester	CMS
30	38:01	Marta Carlson	2/2	F60-69	Paxton	CMS
31	39:21	Kathleen Russell	1/1	F70+	Oxford	CMS
32	42:18	Michelle Figueria	2/2	F20-39	Shrewsbury	CMS
33	42:19	Taro Fujimori	8/8	M60-69	Shrewsbury	CMS
34	50:34	Nicholas Parham	3/3	M20-39	Worcester	CMS

**10K RESULTS**

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	5K SPLITS	BIB #
1	41:39	Paul Kamuzora	1/3	M40-49	Northboro	CMS	20:29	2599
2	42:04	Stanley Mungai	1/1	M20-39	Worcester	CMS	20:30	2659
3	47:59	Joselito Bonilla	2/3	M40-49	Worcester	CMS	23:46	2660
4	49:28	Erich Mierzejewski	1/2	M50-59	Holden	CMS	26:37	2598
5	1:00:54	Bill Campbell	3/3	M40-49	Holden	CMS	29:44	2661
6	1:01:28	Steve O'Neil	2/2	M50-59	Worcester	CMS	30:26	2655
7	1:08:59	Matthew Thyous	1/3	M0-19	Worcester	South High	34:52	2658
8	1:09:07	Harrison Dennett	2/3	M0-19	Worcester	South High	34:53	2657
9	1:09:07	Jordan Dennett	3/3	M0-19	Worcester	South High	34:53	2656

**DIRECTION:** Clockwise

**VOLUNTEERS:** Joe Alfano, Paul Lemerise, Karen Pajer, Linda Marie Simmons, Bob Brady, Linda Luthman, James Morrissey, Christine Pedone, Colleen Thyous.

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)