

CMS 52-Week 5K Series - Week 33

Worcester State University

Worcester, MA

August 16, 2025

Weather - Sunny 74°. Humidity 72%. Wind 2 mph S, Feels Like 80°.

5K or 10K Option This Week.

5K RESULTS

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	
1	17:57	Mark Swistak	1/3	M40-49	W Brookfield	CMS	
2	18:20	Brian Freedman	1/6	M20-39	Willamantic, CT		
3	20:12	Rob Auger	2/3	M40-49	Millbury	CMS	
4	21:42	St Cyr Dimache	2/6	M20-39	Worcester	CMS	
5	22:27	Aaron Hero	3/3	M40-49	Boylson	CMS	
6	24:27	Brandon Evangelista	3/6	M20-39	Lincoln, RI		1:00 Late Start
7	24:34	Leah Breiss	1/1	F20-39	Worcester		
8	24:42	Michael Stentzel	4/6	M20-39	Clinton	CMS	
9	26:16	Jeff Adair, Sr	1/4	M60-69	Worcester	CMS	
10	26:29	Paul Coughlin	1/4	M50-59	Marlboro	CMS	
11	26:44	Vin Garofoli	1/1	M70+	Worcester	CMS	
12	26:50	Simon Muchohi	2/4	M50-59	Marlboro		
13	26:54	Scott Schaeffer-Duffy	2/4	M60-69	Worcester	CMS	
14	28:16	Julie Dragon	1/2	F40-49	Sturbridge	CMS	
15	29:43	Hector Cruz	3/4	M60-69	Shrewsbury	CMS	
16	30:35	Harrison Dennett	1/2	M0-19	Worcester	South High	
17	30:36	Jordan Dennett	2/2	M0-19	Worcester	South High	
18	32:01	Sarah Cormier	2/2	F40-49	Northboro	CMS	
19	32:36	Kris Evangelista	5/6	M20-39	Lincoln, RI		1:00 Late Start
20	33:35	David Ndegwa	4/4	M60-69	Grafton	CMS	
21	36:42	Nate Howe	3/4	M50-59	Marlboro	CMS	
22	40:15	Julio Evangelista	4/4	M50-59	Lincoln, RI		1:00 Late Start
23	45:58	Nicholas Parham	6/6	M20-39	Worcester	CMS	

10K RESULTS

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	5K SPLITS	BIB #
1	40:49	Josh Curtis	1/4	M50-59	Worcester	CMS	19:54	2662
2	42:24	Paul Kamuzora	1/3	M40-49	Northboro	CMS	20:26	2670
3	44:40	Stanley Mungai	1/1	M20-39	Worcester	CMS	21:10	2667
4	47:06	Erich Mierzejewski	2/4	M50-59	Holden	CMS	21:57	2666
5	53:11	William Thyous	1/2	M0-19	Worcester	South High	26:31	2669
6	53:40	Hicham Maalouf	2/3	M40-49	Holden	CMS	26:14	2673
7	55:59	Matthew Thyous	2/2	M0-19	Worcester	South High	26:23	2668
8	57:44	Jim Hehir	1/1	M60-69	Worcester	CMS	28:28	2664
9	1:00:37	Sebastian Tapia	3/4	M50-59	Worcester	CMS	29:12	2665
10	1:02:06	Bill Campbell	3/3	M40-49	Holden	CMS	27:47	2672
11	1:14:35	Stephen Trombley	4/4	M50-50	Boylston	CMS	36:34	2663
12	1:19:03	Deb Davis	1/1	F60-69	Holden	CMS	36:46	2674
13	1:19:12	Al Morrissey	1/1	M70+	Shrewsbury	CMS	36:46	2671

DIRECTION: Clockwise

VOLUNTEERS: Joe Alfano, Paul Lemerise, Karen Pajer, Matt Hall, John Pajer.

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)