

CMS 52-Week 5K Series - Week 35						
Worcester State University						
Worcester, MA						
August 30, 2025						
Weather - Sunny, 59°. Humidity 71%. Wind 8 mph NW, Feels Like 61°.						
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB
1	18:45	Mark Swistak	1/10	M40-49	W Brookfield	CMS
2	19:00	Rob Auger	2/10	M40-49	Millbury	CMS
3	19:22	Paul Kamuzora	3/10	M40-49	Northboro	CMS
4	20:21	Mike Morrissey	4/10	M40-49	Worcester	CMS
5	20:51	Aaron Hero	5/10	M40-49	Boylston	CMS
6	21:02	Loic Stevenson	1/10	M0-19	Rutland	CTMS
7	21:08	William Thyous	2/10	M0-19	Worcester	South High
8	21:24	Jordan Dennett	3/10	M0-19	Worcester	South High
9	21:28	Erich Mierzejewski	1/10	M50-59	Holden	CMS
10	21:47	Matthew Thyous	4/10	M0-19	Worcester	South High
11	22:47	Carlos Sampaio	2/10	M50-59	Worcester	CMS
12	23:08	Michael Griese	1/5	M20-39	Worcester	
13	23:26	Harrison Dennett	5/10	M0-19	Worcester	South High
14	23:44	Sam Richesson	3/10	M50-59	Worcester	CMS
15	23:56	Hicham Maalouf	6/10	M40-49	Holden	CMS
16	23:58	Andrew MacDonald	2/5	M20-39	Jefferson	CMS
17	24:09	Adam Stevenson	7/10	M40-49	Rutland	CMS
18	24:22	Jospeh Dagle	6/10	M0-19	Worcester	South High
19	24:29	James Morrissey	4/10	M50-59	W Boylston	CMS
20	24:41	Paul Coughlin	5/10	M50-59	Marlboro	CMS
21	25:14	Vin Garofoli	1/2	M70+	Worcester	CMS
22	25:16	Dave Leidel	2/2	M70+	Worcester	CMS
23	25:18	Mike Bresnahan	8/10	M40-49	Whitinsville	CMS
24	25:41	Chris Waslake	6/10	M50-59	Athol	CMS
25	26:29	Sebastian Tapia	7/10	M50-59	Worcester	CMS
26	26:35	Mike Lynch	1/3	M60-69	Worcester	CMS
27	26:39	Adel Benchemam	7/10	M0-19	Worcester	South High
28	26:44	Julie Dragon	1/4	F40-49	Sturbridge	CMS
29	27:24	Giovanni Guzman	8/10	M0-19	Worcester	South High
30	27:34	Andy Nguyen	9/10	M0-19	Worcester	South High
31	27:38	Stephen Schad	9/10	M40-49	Holden	CMS
32	28:04	Vanette Inacio	1/1	F50-59	Worcester	CMS
33	28:32	David Maher	2/3	M60-69	N Brookfield	CMS
34	29:03	Cordelia Horch	1/3	F20-39	Worcester	
35	30:11	Diane Waters	1/1	F60-69	Auburn	CMS
36	30:19	Jess Howland	2/4	F40-49		
37	30:19	Josh Calvi	10/10	M40-49	Worcester	CMS
38	30:25	Liz Leidel	3/4	F40-49	Worcester	CMS
39	30:34	Sarah Cormier	4/4	F40-49	Northboro	CMS
40	30:38	Melanie Coyne	2/3	F20-39	Worcester	CMS
41	31:24	Horatio Oliver	10/10	M0-19	Worcester	South High
42	31:40	Stephen Trombley	8/10	M50-59	Boylston	CMS
43	34:25	Jamaal Johnson	3/5	M20-39	Marlboro	CMS
44	35:00	Adam Lemay	4/5	M20-39	Boxborough	CMS
45	35:02	Simon Muchohi	9/10	M50-59	Marlboro	
46	35:18	David Ndegwa	3/3	M60-69	Grafton	CMS
47	35:55	Nate Howe	10/10	M50-59	Marlboro	CMS
48	42:47	Leila El-rafaei	3/3	F20-39	Worcester	
49	42:47	Amin El-rafaei	5/5	M20-39	Worcester	
DIRECTION:	Clockwise					
VOLUNTEERS:	Karen Pajer, Paul Lemerise, Bob Brady, Linda Simmons, Matt Hall, John Pajer.					
Timing and Scoring by Central Mass Striders www.cmsrun.org						
Corrections please e-mail centralmassstridersresults@gmail.com						