

CMS 52-Week 5K Series - Week 37

Worcester State University

Worcester, MA

September 13, 2025

Weather - Mostly Sunny, 63°. Humidity 77%. Wind 5 mph SW, Feels Like 66°.

Congratulations today to our long time participant Nate Howe - This is the first time in the years that Nate has been running the Weekly 5K 26 or more weeks each year that he has ran the entire 5K without taking a walk break! WAY TO GO NATE!!!! CONGRATULATIONS!

| PLACE | TIME | NAME | Div/Tot | AGE | TOWN | CLUB |
|-------|-------|-----------------------|---------|--------|--------------|----------------|
| 1 | 18:01 | Mark Swistak | 1/4 | M40-49 | W Brookfield | CMS |
| 2 | 19:05 | Paul Kamuzora | 2/4 | M40-49 | Northboro | CMS |
| 3 | 19:18 | Rob Auger | 3/4 | M40-49 | Millbury\ | CMS |
| 4 | 20:29 | Matthew Thyous | 1/7 | M0-19 | Worcester | South High |
| 5 | 20:50 | St Cyr Dimache | 1/3 | M20-39 | Worcester | CMS |
| 6 | 21:19 | William Thyous | 2/7 | M0-19 | Worcester | South High |
| 7 | 22:22 | Aaron Hero | 4/4 | M40-49 | Boylston | CMS |
| 8 | 22:35 | Daniel Ong | 3/7 | M0-19 | Worcester | South High |
| 9 | 23:15 | Sam Richesson | 1/8 | M50-59 | Worcester | CMS |
| 10 | 23:28 | Erich Mierzejewski | 2/8 | M50-59 | Holden | CMS |
| 11 | 23:34 | Carlos Sampaio | 3/8 | M50-59 | Worcester | CMS |
| 12 | 23:35 | Matt Zaterka | 4/8 | M50-59 | Paxton | CMS |
| 13 | 23:48 | Simon Muchohi | 5/8 | M50-59 | Marlboro | |
| 14 | 24:00 | Michael Stentzel | 2/3 | M20-39 | Clinton | CMS |
| 15 | 24:43 | David Dallto | 4/7 | M0-19 | Worcester | South High |
| 16 | 25:32 | Dave Leidel | 1/3 | M70+ | Worcester | CMS |
| 17 | 26:01 | Vin Garofoli | 2/3 | M70+ | Worcester | CMS |
| 18 | 26:10 | Sebastian Tapia | 6/8 | M50-59 | Worcester | CMS |
| 19 | 26:17 | Scott Schaeffer-Duffy | 1/4 | M60-69 | Worcester | CMS |
| 20 | 26:46 | Mike Berrin | 5/7 | M0-19 | N Brookfield | Valley View XC |
| 21 | 26:52 | Jim Hehir | 2/4 | M60-69 | Worcester | CMS |
| 22 | 27:05 | Abdourahman Amadou | 6/7 | M0-19 | Worcester | South High |
| 23 | 27:08 | Allyson Brennan | 1/2 | F20-39 | Westboto | |
| 24 | 27:08 | Julie Dragon | 1/1 | F40-49 | Sturbridge | CMS |
| 25 | 27:23 | May Dong | 2/2 | F20-39 | Worcester | |
| 26 | 27:24 | Wilden McIntosh-Round | 3/3 | M20-39 | Worcester | |
| 27 | 27:57 | Mike Lynch | 3/4 | M60-69 | Worcester | CMS |
| 28 | 28:28 | Horatio Oliver | 7/7 | M0-19 | Worcester | South High |
| 29 | 28:47 | Vanette Inacio | 1/1 | F50-59 | Worcester | CMS |
| 30 | 29:24 | Kathryn Buell | 1/3 | F0-19 | Worcester | South High |
| 31 | 30:43 | Stephen Trombley | 7/8 | M50-59 | Boylston | CMS |
| 32 | 32:48 | Al Morrissey | 3/3 | M70+ | Shrewsbury | CMS |
| 33 | 34:15 | Nate Howe | 8/8 | M50-59 | Marlboro | CMS |
| 34 | 34:42 | Marta Carlson | 1/1 | F60-69 | Paxton | CMS |
| 35 | 35:36 | Shannon Ruiz | 2/3 | F0-19 | Worcester | CMS |
| 36 | 35:48 | Taro Fujimore | 4/4 | M60-69 | Shrewsbury | CMS |
| 37 | 38:22 | Anh Nguyen | 3/3 | F0-19 | Worcester | South High |

DIRECTION: Clockwise

VOLUNTEERS: Joe Alfano, Karen Pajer, Paul Lemerise, Bob Brady, James Morrissey.

Timing and Scoring by Central Mass Striders www.cmsrun.org
 Corrections please e-mail centralmassstridersresults@gmail.com