

CMS 52-Week 5K Series - Week 38

Worcester State University

Worcester, MA

September 20, 2025

Weather - Sunny 60°. Humidity 50%. Wind 5 mph NE, Feels Like 60°.

5K or 10K Option This Week.

5K RESULTS

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB
1	23:42	Giovanni Guzman	1/10	M0-19	Worcester	South High
2	24:04	David Dallto	2/10	M0-19	Worcester	South High
3	24:07	Tevis Mbogo	3/10	M0-19	Worcester	South High
4	25:11	Liam Garland	4/10	M0-19	Worcester	South High
5	25:28	Sophie Sus	1/7	F0-19	Worcester	South High
6	25:33	John Muragori	1/2	M50-59	Worcester	
7	26:06	Julie Dragon	1/2	F40-49	Sturbridge	CMS
8	26:10	Vin Garofoli	1/3	M70+	Worcester	CMS
9	26:20	Scott Schaeffer-Duffy	1/4	M60-69	Worcester	CMS
10	26:39	Dave Leidel	2/3	M70+	Worcester	CMS
11	26:42	Ethan Paredes	1/2	M20-39	Worcester	WPI
12	26:55	Regan Maxwell	2/7	F0-19	Worcester	South High
13	26:56	Andy Nguyen	5/10	M0-19	Worcester	South High
14	26:57	Fares Alhafez	6/10	M0-19	Worcester	South High
15	27:37	Jim Hehir	2/4	M60-69	Worcester	CMS
16	27:40	Abdourahman Amadou	7/10	M0-19	Worcester	South High
17	27:47	Horatio Oliver	8/10	M0-19	Worcester	South High
18	28:14	Kathryn Buell	3/7	F0-19	Worcester	South High
19	30:27	Liz Leidel	2/2	F40-49	Worcester	CMS
20	32:29	Rachael Perry	4/7	F0-19	Worcester	South High
21	33:03	Elizabeth Barnes	5/7	F0-19	Worcester	South High
22	33:46	Joseph Argueta	2/2	M20-39	Leominster	CMS
23	35:53	David Ndegwa	3/4	M60-69	Grafton	CMS
24	34:14	Deb Davis	1/2	F60-69	Holden	CMS
25	34:19	Nate Howe	2/2	M50-59	Marlboro	CMS
26	34:20	Al Morrissey	3/3	M70+	Shrewsbury	CMS
27	34:52	Marta Carlson	2/2	F60-69	Paxton	CMS
28	34:57	Javier Picharde	9/10	M0-19	Worcester	South High
29	36:02	Taro Fujimore	4/4	M60-69	Shrewsbury	CMS
30	36:04	Anh Nguyen	6/7	F0-19	Worcester	South High
31	40:28	Emily Morrissey	7/7	F0-19	Worcester	CMS
32	40:29	Mike Morrissey	1/1	M40-49	Worcester	CMS
33	59:43	Billy Nguyen	10/10	M0-19	Worcester	South High

10K RESULTS

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	5K SPLITS	BIB #
1	40:03	Mark Swistak	1/5	M40-49	W Brookfield	CMS	19:54	2676
2	40:15	Kevin Merchant	2/5	M40-49	Auburn	CMS	20:14	2678
3	41:40	Paul Kamuzora	3/5	M40-49	Northboro	CMS	20:02	2687
4	44:57	Paul McNeil	4/5	M40-49	Worcester	CMS	22:42	2686
5	45:37	Matthew Thyous	1/8	M0-19	Worcester	South High	22:59	2688
6	46:15	William Thyous	2/8	M0-19	Worcester	South High	23:50	2687
7	47:02	Tim Woodcock	1/8	M50-59	Sutton	CMS	25:01	2692
8	47:34	Carlos Sampaio	2/8	M50-59	Worcester	CMS	24:19	2693
9	47:35	Erich Mierzejewski	3/8	M50-59	Holden	CMS	24:19	2690
10	48:58	Eoin Gaj	1/1	M20-39	Worcester	CMS	24:25	2677
11	51:27	Mike Bresnahan	5/5	M40-49	Whitinsville	CMS	26:34	2696
12	51:39	Joseph Daigle	3/8	M0-19	Worcester	South High	25:57	2694
13	52:55	Simon Muchohi	4/8	M50-59	Marlboro		25:06	2679
14	54:21	Jeff Adair, Sr	1/1	M60-69	Worcester	CMS	27:23	2691
15	57:05	James Morrissey	5/8	M50-59	W Boylston	CMS	28:17	2697
16	57:13	Jordan Dennett	4/8	M0-19	Worcester	South High	27:19	2683
17	57:14	Adel Benchemam	5/8	M0-19	Worcester	South High	27:20	2695
18	57:14	Harrison Dennet	6/8	M0-19	Worcester	South High	27:19	2684
19	57:14	Daniel Ong	7/8	M0-19	Worcester	South High	27:20	2687

20	57:14	David Lam		8/8	M0-19	Worcester	South High	27:20	2680
21	58:26	Sebastian Tapia		6/8	M50-59	Worcester	CMS	29:48	2682
22	59:07	Rick Wood		7/8	M50-59	Paxton	CMS	30:23	2675
23	1:09:58	Stephen Trombley		8/8	M50-59	Boylston	CMS	34:35	2685
DIRECTION:		Counter-Clockwise							
VOLUNTEERS:		Joe Alfano, Paul Lemerise, Karen Pajer, Matt Hall, Linda Simmons.							
Timing and Scoring by Central Mass Striders www.cmsrun.org									
Corrections please e-mail centralmassstridersresults@gmail.com									