

CMS 52-Week 5K Series - Week 12

Worcester State University

Worcester, MA

March 21, 2026

Weather - Partly Cloudy, 47°. Humidity 53%. Wind 13 NNW, Feels Like 41°.

5K or 10K Option This Week.

5K RESULTS

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB		
1	20:52	Kyle Belmonte	1/2	M20-39	Shrewsbury			
2	21:58	Matthew Thyous	1/3	M0-19	Worcester	South High		
3	23:17	Kevin Ritchie	1/2	M40-49	Worcester	CMS		
4	24:30	Quentin Williams	2/3	M0-19	Worcester	South High		
5	25:37	Gennaro Conte	1/3	M60-69	Shrewsbury			
6	25:54	Rick Wood	1/3	M50-59	Paxton	CMS		
7	26:21	David Dallto	3/3	M0-19	Worcester	South High		
8	26:37	Vin Garofoli	1/2	M70+	Worcester	CMS		
9	26:55	David Maher	2/3	M60-69	N Brookfield	CMS		
10	28:11	Julie Dragon	1/1	F40-49	Sturbridge	CMS		
11	29:27	Matt Zaterka	2/3	M50-59	Paxton	CMS		
12	29:32	Sitaram Pawar	3/3	M50-59	Shrewsbury			
13	30:06	Scott Schaeffer-Duffy	3/3	M60-69	Worcester	CMS		
14	33:12	Deb Davis	1/2	F60-69	Holden	CMS		
15	33:16	Al Morrissey	2/2	M70+	Shrewsbury	CMS		
16	33:43	Kenzie Gaumond	1/3	F0-19	Millbury	CMS		
17	36:43	Coco Auger	2/3	F0-19	Millbury	CMS		
18	36:47	Rob Auger	2/2	M40-49	Millbury	CMS		
19	37:39	Marta Carlson	2/2	F60-69	Paxton	CMS		
20	38:18	Cece Auger	3/3	F0-19	Millbury	CMS		
21	57:02	Shauntel Rodriguez	1/1	F20-39	Woonsocket, RI		Early Start/Self-timed	
22	57:02	Anotnio Rodriguez	2/2	M20-39	Woonsocket, RI		Early Start/Self-timed	

10K RESULTS

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	5K SPLITS	BIB #
1	41:32	Kevin Merchant	1/2	M40-49	Auburn	CMS	20:26	144
2	42:27	Sam Johnson	1/3	M50-59	Hubbardston	CMS	21:41	816
3	53:33	Tokufumi Noda	2/2	M40-49	Northboro	CMS	25:49	814
4	53:54	Carlos Sampaio	2/3	M50-59	Worcester	CMS	27:31	817
5	55:12	Mike Bresnahan	3/3	M50-59	Whitinsville	CMS	27:41	820
6	55:21	Jeff Adair, Sr	1/2	M60-69	Worcester	CMS	27:52	815
7	57:05	Vanette Inacio	1/1	F50-59	Worcester	CMS	27:30	818
8	58:51	Jim Hehir	2/2	M60-69	Worcester	CMS	29:09	819

DIRECTION: Counter-Clockwise

VOLUNTEERS: Joe Alfano, Karen Pajer, Bob Brady, Matt Hall, Linda Luthman, Dave Leidel, James Morrissey, Linda Simmons.

Timing and Scoring by Central Mass Striders www.cmsrun.org

Corrections please e-mail centralmassstridersresults@gmail.com