

CMS 52-Week 5K Series - Week 16

Worcester State University

Worcester, MA

April 18, 2026

Weather - Cloudy, Misty 52°. Humidity 86%. Wind 8 mph ENE, Feels Like 45°.

5K or 10K Option This Week.

**5K RESULTS**

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB
1	18:37	Mark Swistak	1/4	M40-49	W Brookfield	CMS
2	19:31	Josh Curtis	1/5	M50-59	Worcester	CMS
3	20:51	Matthew Thyous	1/2	M0-19	Worcester	South High
4	20:58	Zack Kennedy	1/4	M20-39	Worcester	CMS
5	22:32	Kevin Ritchie	2/4	M40-49	Wo	CMS
6	23:09	Jaxson Auger	2/2	M0-19	Littleton	
7	23:10	Rob Auger	3/4	M40-49	Millbury	CMS
8	24:42	Greg Chase	2/4	M20-39	Worcester	
9	25:12	Michael Stentzel	3/4	M20-39	Clinton	CMS
10	25:53	Dave Leidel	1/2	M70+	Worcester	CMS
11	26:03	Chris Waslaske	2/5	M50-59	Athol	CMS
12	26:13	Mary Lammi	1/3	M60-69	Spencer	CMS
13	26:49	Ben Charrada	4/4	M20-39	Grafton	
14	26:58	David Maher	1/5	M60-69	N Brookfield	CMS
15	26:59	Julie Dragon	1/2	F40-49	Sturbridge	CMS
16	27:05	Jeremy Snyder	3/5	M50-59	Holden	CMS
17	27:34	Bill Campbell	4/4	M40-49	Holden	CMS
18	27:42	Mike Lynch	2/5	M60-69	Worcester	CMS
19	28:31	Scott Schaeffer-Duffy	3/5	M60-69	Worcester	CMS
20	28:36	Matt Falvey	4/5	M60-69	Worcester	CMS
21	31:28	Shannon Ruiz	1/1	F0-19	Worcester	QCC
22	31:53	Liz Leidel	2/2	F40-49	Worcester	CMS
23	32:01	Andy Grigorov	5/5	M60-69	Worcester	CMS
24	32:40	Deb Davis	2/3	F60-69	Holden	CMS
25	32:43	Al Morrissey	2/2	M70+	Shrewsbury	CMS
26	33:23	Stephen Trombley	4/5	M50-59	Boylston	CMS
27	34:39	Bill Gonsorcik	5/5	M50-59	Worcester	CMS
28	36:09	Marta Carlson	3/3	F60-69	Paxton	CMS

**10K RESULTS**

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	5K SPLITS	BIB #
1	43:17	James Juskalian	1/1	M20-39	Burrillville, RI	CMS	21:16	7108
2	51:16	Simon Muchohi	1/1	M50-59	Marlboro	CMS	25:08	7106
3	56:36	Jim Hehir	1/1	M60-69	Worcester	CMS	27:54	7105

**DIRECTION:** Counter-Clockwise

**VOLUNTEERS:** Joe Alfano, Karen Pajer, Bob Brady, Paul Lemerise, Linda Simmons.

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)