

CMS 52-Week 5K Series - Week 28							
Worcester State University							
Worcester, MA							
July 11, 2026							
Weather - Partly Cloudy 74°. Humidity 58%. Wind 5 mph NNE Feels Like 72°.							
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	
1	19:32	Rob Auger	1/5	M40-49	Millbury	CMS	
2	20:00	Matthew Thyous	1/3	M0-19	Worcester	South High	
3	20:08	Nate Mierzejewski	1/6	M20-39	Holden	CMS	
4	22:05	Aaron Hero	2/5	M40-49	Boylston	CMS	
5	22:06	Mark Swistak	3/5	M40-49	W Brookfield	CMS	
6	22:36	Stanley Mungai	2/6	M20-39	Worcester	CMS	
7	23:02	Erich Mierzejewski	1/9	M50-59	Holden	CMS	
8	23:14	Kevin Ritchie	4/5	M40-49	Worcester	CMS	
9	23:45	Simon Muchohi	2/9	M50-59	Martlboro	CMS	
10	23:49	Sebastian Tapia	3/9	M50-59	Worcester	CMS	
11	23:52	Carlos Sampaio	4/9	M50-59	Worcester	CMS	
12	24:32	James Morrissey	5/9	M50-59	W Boylston	CMS	
13	25:19	Michael Stentzel	3/6	M20-39	Clinton	CMS	
14	25:37	Ethan Paredes	4/6	M20-39	Worcester	WPI	
15	25:47	Henry Castillo	6/9	M50-59	Worcester	CMS	
16	26:03	David Maher	1/6	M60-69	N Brookfield	CMS	
17	26:26	Vin Garofoli	1/1	M70+	Worcester	CMS	
18	26:26	Sarah Roberge	1/4	F20-39	Worcester	WPI	
19	26:42	Jim Hehir	2/6	M60-69	Worcester	CMS	
20	27:19	Julie Dragon	1/2	F40-49	Sturbridge	CMS	
21	27:21	Mike Lynch	3/6	M60-69	Worcester	CMS	
22	27:30	Shannon Ruiz	2/4	F20-39	Worcester	QCC	
23	27:31	Vanette Inacio	1/2	F50-59	Worcester	CMS	
24	27:42	Cruz Castillo	2/3	M0-19	Worcester	CMS	
25	27:43	Dave Krom	4/6	M60-69	Worcester	CMS	
26	27:46	John Walsh	7/9	M50-59	Rutland	CMS	
27	27:59	Efrain Valentin	3/3	M0-19	Worcester		
28	28:11	Andy Grigorov	5/6	M60-69	Worcester	CMS	
29	28:33	Kelly Wolf-Bellin	2/2	F50-59	Worcester	CMS	
30	29:18	Martin Simmons	8/9	M50-59	Worcester	CMS	
31	31:49	Adam Mayer	5/6	M20-39	Worcester		
32	32:07	Riley Fortier	1/2	F0-19	Northboro	Melican MS	
33	32:25	Lauren Fortier	2/2	F40-49	Northboro		
34	32:51	Deb Davis	1/1	F60-69	Holden	CMS	
35	33:57	Steve Hubley	6/6	M60-69	Millbury	CMS	
36	34:22	Stephen Trombley	9/9	M50-59	Boylston	CMS	
37	39:11	Khoa Nguyen	5/5	M40-49	Worcester	CMS	
38	39:25	Abby Mayer	3/4	F20-39	Worcester		
39	40:54	Nael Musleh	6/6	M20-39	Fitchbury	CMS	
40	41:56	Anh Nguyen	2/2	F0-19	Worcester	South High	
41	42:38	Veronica Cora	4/4	F20-39	Worcester	CMS	
DIRECTION:	Counter-Clockwise						
VOLUNTEERS:	Joe Alfano, Karen Pajer, Paul Lemerise, Matt Hall, Linda Simmons.						
Timing and Scoring by Central Mass Striders www.cmsrun.org							
Corrections please e-mail centralmassstridersresults@gmail.com							