

			CMS 52-Week 5K Series - Week 29						
			Worcester State University						
			Worcester, MA						
July 29 2026									
	Weather - Mostly Coudy 72°. Humidity 75%. Wind 7 mph SSW, Feels Like 72°.								
			5K or 10K Option This Week.						
5K RESULTS									
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB			
1	18:01	Daniel Daly	1/3	M20-39	Worcester				
2	21:24	St Cyr Dimache	2/3	M20-39	Worcester	CMS			
3	21:39	Hope Seck	1/2	F20-39	Spencer	CMS			
4	21:57	Aaron Hero	1/1	M40-49	Boylston	CMS			
5	23:19	Stanley Mungai	3/3	M20-39	Worcester	CMS			
6	23:37	Erich Mierzejewski	1/4	M50-59	Holden	CMS			
7	26:02	David Maher	1/5	M60-69	N Brookfield	CMS			
8	26:24	Eric Thompson	1/3	M70+	Holden	CMS			
9	26:31	John Pajer	2/5	M60-69	Leicester	CMS			
10	26:43	Vin Garofoli	2/3	M70+	Worcester	CMS			
11	26:57	Vanette Inacio	1/1	F50-59	Worcester	CMS			
12	27:30	Jim Hehir	3/5	M60-69	Worcester	CMS			
13	27:46	Shannon Ruiz	2/2	F20-39	Worcester	QCC			
14	27:53	Julie Dragon	1/2	F40-49	Sturbridge	CMS			
15	28:50	Kenia Castellanos	2/2	F40-49	Millbury	CMS			
16	29:45	Razi Raziuddin	2/4	M50-59	Shrewsbury				
17	29:56	David Ndegwa	4/5	M60-69	Grafton	CMS			
18	30:01	Scott Schaeffer-Duffy	5/5	M60-69	Worcester	CMS			
19	33:42	Deb Davis	1/2	F60-69	Holden	CMS			
20	34:22	Al Morrissey	3/3	M70+	Shrewsbury	CMS			
21	34:34	Stephen Trombley	3/4	M50-59	Boylston	CMS			
22	35:11	Bill Gonsorcik	4/4	M50-59	Worcester	CMS			
23	37:55	Marta Carlson	2/2	F60-69	Paxton	CMS			
10K RESULTS									
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	5K SPLITS	BIB #	
1	39:30	Sammy Gatuiku	1/5	M0-19	Worcester	South High	19:49	7124	
2	39:37	Daniel Rivera	2/5	M0-19	Worcester	Worc Tech	20:03	7118	
3	40:37	Rob Auger	1/1	M40-49	Millbury	CMS	20:12	7238	
4	41:39	Neway Odell	3/5	M0-19	Worcester	Worc Tech	20:10	7116	
5	41:41	William Thyous	4/5	M0-19	Worcester	South High	20:18	7227	
6	45:11	Matthew Thyous	5/5	M0-19	Worcester	South High	20:56	7211	
7	48:45	Matt Zaterka	1/5	M50-59	Paxton	CMS	24:15	7231	
8	48:49	Simon Muchohi	2/5	M50-59	Marlboro	CMS	23:18	7232	
9	50:02	Sebastian Tapia	3/5	M50-59	Worcester	CMS	25:21	7133	
10	50:07	Carlos Sampaio	4/5	M50-59	Worcester	CMS	25:26	7242	
11	56:18	Ethan Paredes	1/1	M20-39	Worcester	WPI	28:01	7176	
12	58:05	Jeff Adair, Sr	1/1	M60-69	Worcester	CMS	28:31	7228	
13	58:26	John Walsh	5/5	M50-59	Rutland	CMS	29:23	7180	
14	58:55	Sarah Roberge	1/2	F20-39	Worcester	WPI	29:30	7168	
15	1:11:45	Erica Poisson	2/2	F20-39	Hubbardston		35:33	7193	
DIRECTION:	Counter-Clockwise								
VOLUNTEERS: Joe Alfano, Bob Brady, Paul Lemerise, Karen Pajer, Matt Hall, Linda Luthman, Linda Simmons.									
Timing and Scoring by Central Mass Striders www.cmsrun.org									
Corrections please e-mail centralmassstridersresults@gmail.com									