

			CMS 52-Week 5K Series - Week 33						
			Worcester State University						
			Worcester, MA						
August 15, 2026									
Weather - Sunny 68°. Humidity 67%. Dew Point 57°. Wind 5 mph NNE. Feels Like 72°.									
			5K or 10K Option This Week.						
5K RESULTS									
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB			
1	19:35	Rob Auger	1/4	M40-49	Millbury	CMS			
2	21:20	Pat Byrne	2/4	M40-49	San Diego, CA				
3	21:31	Aaron Hero	3/4	M40-49	Boylston	CMS			
4	21:50	Thomas Tjokro	1/3	M20-39	Worcester				
5	23:04	Miguel Ressurreicao	2/3	M20-39	Lisben, Portugal				
6	24:40	Hicham Maalouf	1/1	M50-59	Holden	CMS			
7	25:25	Nathan Cddington	1/6	M0-19	Dudley	Cairn Univ			
8	25:45	Sarah Roberge	1/2	F20-39	Worcester	WPI			
9	25:56	Eric Thompson	1/2	M70+	Jefferson	CMS			
10	25:58	Erik Stedman	1/4	M60-69	Grafton	CMS			
11	26:54	Vanete Inacio	1/2	F50-59	Worcester	CMS			
12	27:13	Stephen Schad	4/4	M40-49	Holden	CMS			
13	27:39	Shannon Ruiz	2/2	F20-39	Worcester	QCC			
14	28:08	Julie Dragon	1/2	F40-49	Sturbridge	CMS			
15	28:46	Barbara McManus	2/2	F50-59	Rutland	CMS			
16	29:52	Scott Schaeffer-Duffy	2/4	M60-69	Worcester	CMS			
17	30:00	David Dalto	2/6	M0-19	Worcester	South High			
18	30:42	Ethan Tran	3/6	M0-19	Worcester	South High			
19	30:50	Javier Pichardo	4/6	M0-19	Worcester	South High			
20	31:01	Ronnie Thyous	3/4	M60-69	Worcester				
21	32:54	Steven Hubley	4/4	M60-69	Millbury	CMS			
22	34:17	Stela Wasson	2/2	F40-49	Worcester	CMS			
23	39:02	Vin Garofoli	2/2	M70+	Worcester	CMS			
24	40:23	Daniel Pleydon	5/6	M0-19	Worcester	South High			
25	40:24	Jordan Dennett	6/6	M0-19	Worcester				
26	40:30	Thomas Bruce	3/3	M20-39	Worcester				
10K RESULTS									
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	5K SPLITS	BIB #	
1	40:31	Mark Swistak	1/2	M40-49	W Brookfield	CMS	19:49	2699	
2	42:03	Andrew Mita	2/2	M40-49	Worcester	CMS	20:35	7284	
3	42:28	Sam Johnson	1/4	M50-59	Hubbardston	CMS	21:22	7250	
4	43:57	William Thyous	1/2	M0-19	Worcester	South High	21:06	7272	
5	46:14	Daniel Daly	1/3	M20-39	Worcester		23:26	7251	
6	46:14	Brendan Wall	2/3	M20-39	W Boylston		23:26	7252	
7	46:28	Steven Lindsay	3/3	M20-39	Worcester	CMS	23:26	7243	
8	46:45	Matthew Thyous	2/2	M0-19	Worcester	South High	21:55	7271	
9	48:04	Simon Muchohi	2/4	M50-59	Marlboro	CMS	22:43	7295	
10	50:20	Carlos Sampaio	3/4	M50-59	Worcester	CMS	25:45	38	
11	56:18	Jim Hehir	1/2	M60-69	Worcester	CMS	28:09	7268	
12	56:20	John Walsh	4/4	M50-59	Rutland	CMS	28:12	7269	
13	57:10	Jeff Adair, Sr	2/2	M60-69	Worcester	CMS	28:31	7278	
DIRECTION:	Counter-Clockwise								
VOLUNTEERS:			Joe Alfano, Bob Brady, Paul Lemerise, Karen Pajer, Eric Conti, Steve Laska, Kim Laska Liz Sitko, Colleen Thyous.						
Timing and Scoring by Central Mass Striders www.cmsrun.org									
Corrections please e-mail centralmassstridersresults@gmail.com									