

			CMS 52-Week 5K Series - Week 31				
			Worcester State University				
			Worcester, MA				
August 1, 2026							
		Weather - Sunny 70°. Humidity 80%. Wind 2 mph W Feels Like 80°.					
PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	
1	19:06	Mark Swistak	1/6	M40-49	W Brookfield	CMS	
2	19:26	Rob Auger	2/6	M40-49	Millbury	CMS	
3	19:41	William Thyous	1/7	M0-19	Worcester	South High	
4	19:50	Owen St. Cyr	2/7	M0-19	Glouster, RI	Ponaganset HS	
5	19:55	Andrew Mita	3/6	M40-49	Worcester	CMS	
6	21:04	Aaron Hero	4/6	M40-49	Boylston	CMS	
7	21:57	Matthew Thyous	3/7	M0-19	Worcester	South High	
8	22:28	Simon Muchohi	1/6	M50-59	Marlboro	CMS	
9	23:31	Stanley Mungai	1/3	M20-39	Worcester	CMS	
10	24:01	Matt Zaterka	2/6	M50-59	Paxton	CMS	
11	24:21	Carlos Rivera	3/6	M50-59	Springfield	GSH	
12	24:40	Carlos Sampaio	4/6	M50-59	Worcester	CMS	
13	25:07	Hicham Maalouf	5/6	M50-59	Holden	CMS	
14	26:24	David Maher	1/6	M60-69	N Brookfield	CMS	
15	26:43	Michael Stentzel	2/3	M20-39	Clinton	CMS	
16	26:49	Vin Garofoli	1/2	M70+	Worcester	CMS	
17	26:55	John Pajer	2/6	M60-69	Leicester	CMS	
18	26:59	Julie Dragon	1/3	F40-49	Sturbridge	CMS	
19	27:05	Vanete Inacio	1/3	F50-59	Worcester	CMS	
20	27:45	Shannon Ruiz	1/3	F20-39	Worcester	QCC	
21	27:48	Jim Hehir	3/6	M60-69	Worcester	CMS	
22	28:32	Stephen Schad	5/6	M40-49	Holden	CMS	
23	28:46	David Rivera	4/6	M60-69	Springfield	GSH	
24	28:51	Kenia Castellanos	2/3	F40-49	Millbury	CMS	
25	29:39	Barbara McManus	2/3	F50-59	Rutland	CMS	
26	29:39	John Walsh	6/6	M50-59	Rutland	CMS	
27	29:59	Scott Schaeffer-Duffy	5/6	M60-69	Worcester	CMS	
28	31:13	Liana Desio	3/3	F50-59	Northboro		
29	33:06	Michael Berrin	4/7	M0-19	N Brookfield	Valley View	
30	33:14	Adam Mayer	3/3	M20-39	Worcester	CMS	
31	33:32	Deb Davis	1/2	F60-69	Holden	CMS	
32	33:49	Al Morrissey	2/2	M70+	Shrewsbury	CMS	
33	34:45	Steve Hubley	6/6	M60-69	Millbury	CMS	
34	37:14	Javier Pichardo	5/7	M0-19	Worcester	South High	
35	38:30	Marta Carlson	2/2	F60-69	Paxton	CMS	
36	39:41	Abby Mayer	2/3	F20-39	Worcester		
37	39:50	Melchor Hall	3/3	F40-49	Auburn		
38	41:37	Laura Seck	1/1	F0-19	Spencer	CMS	
39	41:43	Nathan Seck	6/7	M0-19	Spencer	CMS	
40	41:44	Hope Seck	3/3	F20-39	Spencer	CMS	
41	42:05	Billy Nguyen	7/7	M0-19	Worcester	CMS	
42	42:37	Khoa Nguyen	6/6	M40-49	Worcester	CMS	
DIRECTION:		Counter-Clockwise					
VOLUNTEERS:		Joe Alfano, Karen Pajer, Paul Lemerise, Linda Simmons, Linda Luthman, James Morrissey.					
Timing and Scoring by Central Mass Striders www.cmsrun.org							
Corrections please e-mail centralmassstridersresults@gmail.com							