CMS 52-Week 5K Series - Week 36

Worcester State University

Worcester, MA

September 5, 2026

Weather Mostly Sunny 67°. Humidity 75%. Dew Point 59°. Wind 8 mph N. Feels Like 68°.

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB
1	18:39	Sammy Gatuiku	1/8	M0-19	Worcester	South High
2	18:43	Mark Swistak	1/4	M40-49	W Brookfield	CMS
3	18:57	Rob Auger	2/4	M40-49	Millbury	CMS
4	19:19	William Thyous	2/8	M0-19	Worcester	South High
5	19:39	Gage Benson	1/5	M20-39	Worcester	
6	20:22	Matthew Thyous	3/8	M0-19	Worcester	South High
7	20:28	Linda Spooner	1/3	F50-59	Sturbridge	CMS
8	20:59	David Lam	4/8	M0-19	Worcester	South High
9	21:07	Patrick Ryan	3/4	M40-49	Auburn	CMS
10	21:20	Scott Delongchamps	1/9	M50-59	N Grosvenordale	CMS
11	21:34	Evan Nelson	2/5	M20-39	Worcester	
12	22:56	Simon Muchohi	2/9	M50-59	Marlboro	CMS
13	23:11	Carlos Sampaio	3/9	M50-59	Worcester	CMS
14	24:02	Andrew MacDonald	3/5	M20-39	Jefferson	CMS
15	24:23	Hicham Maalouf	4/9	M50-59	Holden	CMS
16	24:52	Leah DePari	1/1	F0-19	Holden	Mt View/CMS
17	25:18	Bill Campbell	4/4	M40-49	Holden	CMS
18	25:25	David Maher	1/6	M60-69	N Brookfield	CMS
19	25:28	Vin Garofoli	1/3	M70+	Worcester	CMS
20	25:31	John Walsh	5/9	M50-59	Rutland	CMS
21	26:26	Dave Leidel	2/3	M70+	Worcester	CMS
22	26:31	Vanete Inacio	2/3	F50-59	Worcester	CMS
23	26:43	David Dalto	5/8	M0-19	Worcester	South High
24	26:46	Shannon Ruiz	1/3	F20-39	Worcester	QCC
25	27:02	Julie Dtagon	1/2	F40-49	Sturbridge	CMS
26	27:45	Dave Krom	2/6	M60-69	Worcester	CMS
27	27:48	Sarah Roberge	2/3	F20-39	Worcester	WPI
28	28:00	Jim Hehir	3/6	M60-69	Worcester	CMS
29	28:52	Barbara McManus	3/3	F50-59	Rutland	CMS
30	28:52	Rick Wook	6/8	M50-59	Paxton	CMS
31	28:57	Eamon McDonald	6/8	M0-19	Worcester	South High
32	29:07	Michael Stentzel	4/5	M20-39	Clinton	CMS
33	29:18	Ethan Paredes	5/5	M20-39	Worcester	WPI
34	29:24	Ethan Tran	7/8	M0-19	Worcester	South High
35	29:28	Mike Lynch	4/6	M60-69	Worcester	CMS
36	29:37	David Ndegwa	5/6	M60-69	Grafton	CMS
37	31:13	Melanie Coyne	3/3	F20-39	Worcester	CMS
38	31:18	Deb Davis	1/1	F60-69	Holden	CMS
39	31:22	Liz Leidel	2/2	F40-49	Worcester	CMS
40	31:32	Al Morrissey	3/3	M70+	Shrewsbury	CMS
41	31:41	Steven Hubley	6/6	M60-69	Millbury	CMS
42	32:32	Stephen Trombley	7/9	M50-59	Boylston	CMS
43	33:55	Bill Gonsorcik	8/9	M50-59	Worcester	CMS
44	38:39	Daniel Pleydon	8/8	M0-19	Worcester	South High
45	38:54	Nate Howe	9/9	M50-59	Marlboro	CMS

DIRECTION: Counter-Clockwise

VOLUNTEERS: Joe Alfano, Paul Lemerise, Linda Simmons, Matt Hall, John Pajer, Karen Pajer.

Timing and Scoring by Central Mass Striders www.cmsrun.org

Corrections please e-mail centralmassstridersresults@gmail.com