

LOCAL RUNNERS TAKE PART IN POPULAR TK 10 MILER IN SALISBURY

By Tim Bamforth

One of the popular events on Delmarva, The Tim Kennard 10 Miler & 5K, celebrated 20 years last Sunday in Salisbury, MD with nearly 500 runners & walkers in three events showing up for the benefit fundraiser. Timothy Kennard, 48 years old, and father of a 7 year old son, passed away on March 11, 2004. He fought a courageous battle against kidney cancer. Tim is missed by his family and fellow running friends. This run/walk is in his honor, with proceeds going, as Tim requested, to help children and animals. This year the proceeds will help TEAM 360, which helps people of different abilities train and participate in mainstream athletic events; Coalition of Caring, a fund for our animal friends; and the Eastern Shore Running Club Scholarship Fund.

“Running 20 Years Strong, we celebrated an awesome milestone last Sunday,” said Co-Race Organizer Harlon Eagle. “I am incredibly proud of how our community has come together for 20-years to honor Tim Kennard’s wish to put on a top notch event and help children and animals.”

One of the major partners in the event is Team 360 out of Salisbury led by President Jill Fancher.

“The Tim Kennard race is always TEAM 360’s kick off race each year”, commented Fancher. “It is truly the best way to start our year off. This race not only embraces our athletes it celebrates and encourages them. The race directors go above and beyond to make sure the course is suitable and they encourage us to be a part of the planning to make sure TEAM 360 is well taken care of. We can’t say enough positive about the Tim Kennard race”.

Eagle also praised the support that the race has to make it successful. “Our race is for everyone and we so appreciate the support of runners, volunteers and sponsors throughout Delmarva and beyond. Special shoutouts to Salisbury Bible Fellowship for hosting, Seashore Striders for race management, the city of Salisbury and Wicomico County for road management. Looking forward to race 21 on 3/1/2026”.

Taking off from the Salisbury Bible Fellowship, the 5k run and the 5k dog walk made a loop in the nearby residential neighborhoods, while the featured 10 mile runners headed downtown taking in five water stops, music along the course and plenty of cheering spectators.

First across the line in the 10 miler was 28 year old Neil Saddler of Washington DC in a good time of 52:52.8, followed by Sebastien Truchi of Salisbury in 1:02:17.7. Rounding out the top three overall was Ryan McMillan of Snow Hill, MD in a time of 1:06:32.1. Maria Miller, 43 year old from Tyaskin, MD, continued her Tim Kennard winning ways adding another Overall Title in a time of 1:11:13.1, while Zuleyka Martinez of Harrington was ninety seconds back in 1:12:47.6 for second. Allie Suarezapecheche of Snow Hill, MD was third in a time of 1:13:20.4.

Mike Synowiec of Salisbury, MD grabbed the Male Master Title with a seventh place finish in a time of 1:10:46.4, while Jennifer Pastusak of Salisbury, MD was the Female Master Title in a time of 1:15:49.0. Phil Shields of Salisbury, MD won the Male Grand Masters in a time of 1:10:57.9, while Debra Isser of Milton was the Female Grand Masters in a time of 1:23:21.6.

The 5k run was first to make it back to the homemade pancakes led by two time winner Jonathan Murphy, 35, of Salisbury, MD in a time of 17:04.9, while a minute back in second was Matt Sparacino of Harrington in a time of 18:06.1. John Ford of Phoenix, MD was third in a time of 18:18.5. Sherry Stick, 46, of Sykesville, MD is one of the finest Master Runners in the area as she easily won the Overall Title in a time of 20:39.3, while regular Seashore Strider racer Melissa Wiley of Ocean City, MD was second in 21:09.9. Rounding out the top three was Seashore Strider runner Lindsay Ford, 14, of Salisbury, MD in a time of 22:43.0. Seashore Strider Martin Rodriguez of New Castle won the Male Masters in 19:40.4, while Keely Wells of Laurel won the Female Masters in 23:25.0. Greg Cauller, a longtime Tim Kennard racer, of York, PA won the Male Grand Masters in a time of 20:45.5, while Carol Walston of Parsonsburg, MD ran 27:22.7 to win the Female Grand Masters.

Local Runner Age Group Champion Shoutout- 5K: Angela Messick of Milton won the 35-39 age group in a time of 25:24.4. Thomas Riddick of Rehoboth won the 40-44 age group in a time of 24:14.5. Liz Talley of Seaford won the 50-54 age group in a time of 31:59.4. Susannah Baden of Rehoboth Beach won the 60-64 age group in a time of 28:37.8. Shaun Serface of Selbyville won

the 65-69 age group in 25:11.5. Rich Tikiob of Lewes won the 70-74 age group in a time of 28:06.3. Linda Marvin of Laurel won the 70+ age group in 51:34.8.

10M: Ally Miller of Milton won the 19 & under age group in a time of 1:29:51.5. Kelsey Oiphant of Laurel won the 30-34 age group in a time of 1:17:46.2. Miss Consistent Susan Dunn of Laurel won the 45-49 age group in a time of 1:17:35.5. Lisa Wynn of Frankford won the 60-64 age group in 1:47:20.5. Rick Boyle of Frankford won the 70-74 age group in a time of 1:18:37.6. A “must do” race that I would recommend you put on your 2026 calendar for the first Sunday in March.