



Megan does the hard yards for Mind

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Young England player Megan Jones has gone the extra mile (well, 15 to be precise) to help people who may be struggling with their mental health during lockdown.

The 14-year-old from Telford, who is a member of the England Aspire squad, took to the hills near her home for a 15-mile run which took her just over 2hr 20min.

She has already raised more than £200 for the mental health charity Mind via the GoFundMe website – [click here to make a donation](#).

Megan said: "I decided to raise money for Mind as I think especially during lockdown some people will have really struggled with their mental health and depression.

"I wanted to push myself to see if I could run 15 miles. It was really tough as where we live is not very flat! I set a target of two-and-a-half hours and my mum was cycling with me telling me how far I had left to go, so that helped to keep me going.

"I was tired afterwards but I recovered well, which is good because we (the England pathway players) had an online fitness session with Liam Pitchford the next morning!"



Megan Jones

Today at 3:26 PM

Afternoon Run



Distance

24.03 km

Avg Pace

5:51 /km

Moving Time

2:20:48

Elevation Gain

187 m

Max Elevation

174 m

The stats from Megan's run, from the Strava app

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