



## Megan does the hard yards for Mind

**Author:** Paul Stimpson

**Posted On:** May 18, 2020

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

**Downloaded From:**

<https://newsarchive.tabletennisengland.co.uk/news/archived/megan-does-the-hard-yards-for-mind/>