

## Recorder

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Zack Killoran is grateful to his friends who supported him. Inset, Zack with his nan, Sally Smith

Pictures: SAINT FRANCIS HOSPICE

# Student Zack completes charity challenge for hospice in grandmother's memory

**An Upminster student has raised over £3,000 for an east London hospice in memory of his grandmother.**

Zack Killoran completed the 4x4x48 Challenge, running four miles every four hours through the day and night to clock up 48 miles in 48 hours.

A sports science student at the University of Bath, Zack raised a total of £3,397 for Saint Francis Hospice, which cared for his nan Sally Smith when she was diagnosed with terminal cancer.

He said: "I have a great group of family and friends surrounding me, who are always supportive of everything I do – even in these strange times.

"I'm beyond proud of myself for completing the challenge, but more so for the amount raised.

"I couldn't be more thankful for the support from everyone.

"I hope it made my nan very proud and that it will do great

## SALLY PATTERSON

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things for the hospice."

His fundraiser marked the second anniversary of his grandmother's death, and Zack thanked the hospice for both ensuring Sally was comfortable in her last few weeks and for the support Saint Francis Hospice gave to his family.

"She was a brilliant nan and filled my childhood with happy memories," he added.

"Putting myself through a bit of pain for a brilliant cause and a fantastic person was an excellent opportunity, and one that I'm very proud of."

The 4x4x48 Challenge was started by American marathon runner and motivational speaker David Goggins as a way of raising money for charity.

The challenge went viral on

social media, with videos and articles explaining how to complete the gruelling task.

Zack said he was incredibly grateful to have a support system around him while doing the challenge, with his housemates and university friends accompanying him on some routes.

The toughest part of the challenge came at around 7.30am, when he needed to get out of bed for his 6th run.

He explained: "With less than two hours sleep, I thought the challenge had got the better of me. "However, getting out of bed and completing that run gave me the motivation to finish it."

Saint Francis Hospice employs 150 nurses, doctors and specialist healthcare staff who are supported by 800 volunteers.

They care for more than 4,000 people across the boroughs of Havering, Barking and Dagenham, Redbridge and Brentwood.

## news

## Strong retail recovery

**Romford has one of the UK's best retail recoveries since shops reopened on April 12, according to an index monitoring the number of people entering stores.**

Based on research from Ipsos' Retail Recovery Index, footfall in Romford last week was found to have the second-biggest increase nationally compared to the same period in 2019.

Romford ranks highest in London, followed by Chelsea and Kingston upon Thames, and is only beaten by Worcester in the country.

Explaining the findings, Ipsos head of retail analytics and insights Dr Tim Denison said: "Our Retail Recovery Index shows the huge appetite for shoppers to return to their local high streets after a difficult period of lockdown."

However, the retail expert said London lags behind the north east and west Midlands, which have seen a strong recovery as people continue to shop locally.

Tourist destinations ranked bottom of the recovery index, with the City of London down 58.8 per cent, the West End 45 pc and Oxford 41.9 pc on the same period in 2019.

The data is drawn from a nationally representative sample of over 4,000 retail outlets, excluding grocery and convenience stores.

## Pond restored

**Hartwood Pond is now flourishing with life again after it was restored last year.**

Situated by the wood yard in Hartwood, near King George playing field, the pond has been brought back to life and is now a natural haven for frogs and their spawn.

The pond was restored by an extensive dig out and shore up of the margin alongside the roadway and clearance of vegetation on the margins and in the water.

The work also included clearing general debris and rubbish, installing new fencing and improving the watercourse flowing in and out of the pond.

It was completed by countryside volunteers and contractors working under officer direction and in conjunction with Essex Amphibian and Reptile Group.

Visitors are requested to abide by the country code when visiting and asked to keep dogs on leads to prevent any disturbance of the pond and its wildlife.