

Male Achiever of the Year: Zak Freeland

Zak Freeland started with Marshall Milton Keynes in 2013 as an Under 11. He is part of a remarkable family of athletes, coached by their mother, Julie.

In 2022, after winning the South of England U20 1500m Championship and finishing third in the English Schools Championships, he was awarded a scholarship to study at Queen's University of Charlotte, North Carolina in the USA. He joined his brother, Leo, who has a scholarship at Wingate University, North Carolina. Their sister, Millie, started in September with a scholarship at the University of New Mexico!

In 2023, as an U20, he improved his best 1500m time from 3:52.05 to 3:49.56.

In February this year, at a meeting in Gainesville, Florida, he reduced the Club Indoor Mile Record to 4:03.30, taking 2.5 seconds off the previous record set by his brother, Leo, just two weeks earlier.

At the end of April, competing in a 1500m race against his brother, in Charlotte, he reduced the Club's 1500m record to 3:43.96, with Leo going third on the all-time list with 3:45.57.

It is widely recognised that the difference between a 1500m and a mile time, at this elite level, is around 16 seconds, Zak looks set to join 3:53.2 miler, Ian Stewart, who grew up in Wolverton in the 1960s and 70s, as the second Milton Keynes-born runner to break the four-minute mile.