

# Kate Richardson-Walsh

FRIDAY 5 OCTOBER 2018 – 7.00pm-8.30pm



**About the talk:** Kate will be talking about maintaining peak performance and high performance under pressure.

**Kate Richardson-Walsh** is the most capped female hockey player in her country's history, and was captain of GB and England women's hockey teams for 13 years.

An inspirational and charismatic leader, she has been widely credited for helping build the incredible team ethos and commitment that drove the GB team to a nail biting victory against Holland in the Rio 2016 Olympic hockey final.

Alongside her GB duties Kate won the European Championships with England in 2015 and secured a bronze and two silvers in three successive Commonwealth Games.

Kate currently serves as an ambassador for the Women's Sport Trust, supports disability hockey as an ambassador for Access Sport, and sits on the British and European Olympic Athlete's Commissions.

She was chosen to carry the GB flag at the closing ceremony of the Rio Olympics and was awarded an OBE in the Queen's Honours.