

## Moneghetti and Henderson get into step with SESF-MCC Online Mentoring Session

Four-time Olympian and 1994 Commonwealth Games Gold Medallist, **Steve Moneghetti** and 2020 Tokyo Olympian, **Rebecca Henderson** will headline the next installment of the Online Mentoring series, presented by the Sports Excellence Scholarship Fund (SESF) and the MCC.

Following the success of the Term 1 mentoring session on swimming with Olympians Mack Horton and Koti Ngawati, Moneghetti and Henderson will take the Term 2 session, focusing on the art of cross-country and long-distance running.

**CLICK [HERE](#) TO REGISTER YOUR SPOT**

The online session will run on Thursday May 12, from 5.00pm AEST and is targeted for secondary school students and their parents, SESF scholarship alumni and their parents and all MCC members.

Hosted by SESF Executive Director, Nick Mooney, both Moneghetti and Henderson will be available an open and interactive forum on the best running training methods for your next school carnival or cross-country meet.

Steve Moneghetti is one of Australia's most celebrated long-distance runners and is an SESF Ambassador and mentor.

He medaled in the Marathon event at 1987 World Championships in Athens (Bronze), plus the 1986 (Bronze, Edinburgh), 1990 (Silver, Auckland) and 1994 (Gold, Victoria) Commonwealth Games. He collected Bronze in the 10,000m race at the 1998 Kuala Lumpur Games.

Moneghetti also competed at four Olympic Games in 1988 (Seoul), 1992 (Barcelona), 1996 (Atlanta) and the 2000 Sydney Olympics. His best placing was 5<sup>th</sup> in the Seoul Games, with his 10<sup>th</sup>-place finish at Sydney the last time he ran for Australia.

Rebecca Henderson is an Australian race walker, who made her Olympic debut at Tokyo last year in the 20km event.

Henderson is the SESF's first scholarship holder and alumni to go to the Olympic Games, with the former Berwick High School student initially rising through the ranks in the sport of triathlon, before switching to race-walking.

As part of a huge field, her position inside the Top 35 was a tremendous effort, taking to the streets of Tokyo in the oppressive heat and is now eyeing off a spot on the Australian team for the 2022 Commonwealth Games in Birmingham later this year.

## EVENT DETAILS

**WHAT:** Online Cross-Country Masterclass, presented by the SESF and MCC

**DATE:** Thursday May 12, 2022

**TIME:** 5.00pm-6.00pm

**LOCATION:** Online – link will be sent to all registered attendees 24 hours prior to the event

**COST:** Free

**REGISTER:** Click [here](#)