

To whom it may concern

My name is Denby Stokes I was born on the Gold Coast and grew up in our family home at Robina on Lake Hugh Muntz. Myself and my brother and sister had an idyllic childhood spending endless hours playing in the beautiful clear waters of the lake.

As I moved into my adolescent years we used the lake as a training ground to reach our sporting goals in the sport of iron woman/man racing. Myself and my now husband Brad Stokes along with my brother Zane Holmes and sister Kirsty Holmes spent many hours swimming, board paddling and ski paddling in the crystal waters of Lake Hugh Muntz. It definitely provided us with a safe environment (no sharks) to hone our skills not only for racing but to also gain the required physical fitness to patrol the Gold Coast beaches.

We all went on to achieve many accolades in our chosen sport including State, Australian and World titles. As well as successfully competing in the professional ironman/woman series for many years.

Yours Sincerely

Denby Stokes

Sent from my iPhone