

Elizabeth Pluimers
Fwd: Lake Hugh Mutz
2 March 2018 at 9:11 pm

Kind Regards,

Elizabeth Snell

Begin forwarded message:

From: Elizabeth Pluimers < >
Date: 28 February 2018 at 20:04:32 AEST
To: " " < >
Subject: Lake Hugh Mutz

Hi Norm,

Sorry about the delay in this I completely forgot. I hope it's not too late.

My name is Elizabeth Snell nee Pluimers.

I am a former 3 x Nutri-Grain Ironwoman Champion, 3 x Coolangatta Gold Champion and back to back Australian Ironwoman Champion.

The key to becoming one of the best in my sport was putting in many hours of training. With all my rivals doing similar training, I had to find that extra one percent through a different form of training. My secret extra sessions were Ironwoman and resistance sessions held at Lake Hugh Muntz. Short sharp intense workouts on the flat water where I felt safe swimming in a clean environment. Lake Hugh Muntz was also my go to spot when the beaches were closed and we needed to continue training.

Over the last few seasons I have become a coach in my chosen sport, coaching athletes to compete in the Coolangatta Gold and other surf sports events. This season when the surf was too big I would bring my athletes to the Lake and get in a tough, decent session which the lake allows for.

Whilst at the lake I would regularly share the space with triathletes, open water swimmers, stand up paddlers, kayakers and the local public, all enjoying this lovely safe outdoor communal environment that the Gold Coast is famous for. The closure of this vital community resource would be a sad and disappointing failure to provide for our outdoor and healthy local residences.

Thanks