



Australian Beef Ambassador Lewis Holland

Hometown	Braidwood, New South Wales
Sport	Rugby Sevens
Past Games	Rio 2016
Career highlights	2013 Rugby World Cup Rio 2016 Olympic Games Vice-Captain of the Australian Rugby Sevens
Social media accounts	@lewiholland @lewiholland15 Lewis Holland

Lewis grew up in the country town of Braidwood, just outside of Queanbeyan in New South Wales, where he started playing rugby at school. He represented both his state and country in 2010 as a member of the Australian Schoolboys team.

During his early years, he also developed a passion for the land that led him to the Northern Territory to work with his jackaroo uncles. This passion stayed with him and now he and his partner own a property in regional Queensland producing Angus cattle.

Switching to rugby sevens at the age of 18, Lewis made his debut in 2011 and then played in the 2013 World Cup. A strong 2015/16 World Series helped him book a spot in the team for Rio as rugby sevens made its Olympic debut.

Bowing out of Australia's opening match at the 2016 Rio Games with a hamstring injury, Lewis has learned to develop resilience on and off the field. He acknowledges that working on the land has helped him in this area.

"I get paid to play rugby, but I also have cattle and can find it tough to manage. A lot of my friends are also from the land and they are a pretty resilient bunch. However, when the floods came through north-west Queensland and then the fires in south-east Queensland, my partner and I knew we needed to help."

Lewis and his partner have dedicated time to charities supporting farmers and regional communities facing difficult conditions and raised money for families impacted by both the Queensland floods and fires.

Having helped secure the Australian team's spot in the 2020 Tokyo Olympic Games, Lewis' attention is now firmly on training for the Games.

"My favourite meal that mum cooks is beef cheeks. Slow cooked, tender beef that falls apart and melts in your mouth is great. You can't go wrong with it".

"I have a property in regional Queensland and produce Angus cattle. I spend as much time there as I can because I love working on the land and seeing something come out of the ground."