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Newsletter

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European & Dutch champion Long Distance 2017 and **WORLDRECORD: 16** (Sixteen!) times Sub 9 hours

My Asian adventure :

So yes I was just in Barcelona / Spain for the IM, but I'm already on the road again. After two days at home and some unpacking, doing laundry, appointments and packing again, I found myself on yet another plane for my next adventure! I call it my Asian Adventure. The next couple of weeks we will be in beautiful Thailand, based at "Paradise for Triathletes" **THANYAPURA** (<https://www.thanyapura.com/>).

We had one week of good training and fun here in Phuket, just enjoying the great facilities, the beautiful 50 meter pool, which always has so much place, never ever you have to fight for a lane and when the big pool is busy, you just take the 25 meter pool besides :-)
We enjoyed the amazing food here and of course already had two great Thai massages in our first week here. Nothing better than those Thai Massage Ladies, your body just feels totally recovered after these treatments.

Our Asian Adventure started out with a flight to Bangkok, from where we had a nice drive over to the beautiful area of Kanchanaburi for Challenge Thailand / Challenge Kanchanaburi (<http://challenge-thailand.com/kanchanaburi/>)

So this trip was a "business" trip, but we felt more like being on a honeymoon as the organizer had put us in a dream resort with beautiful surroundings and great food.

The race was overwhelming, such a great location, just stunning. The course saw us swim besides a huge dam in very warm water, to ride our bikes over great roads which we're totally closed for traffic and finishing off with the hardest run course that I've ever done.

3 loops of just up and down with the only flat part the dam up and down, which I as a Dutchy very much enjoyed.

Coming back to Dutchy, my fellow country girl Els Visser and me totally rocked the course and got 1st and 2nd.

Around the race we had some time to get to know each other a bit better, which I really liked.



We also had some time to discover Bangkok and finally I got to see and even better, got to hug an elephant. This cute little 4 month old boy was so adorable, I didn't want to leave anymore and Per was almost getting jealous.



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So we had scheduled Challenge Taiwan and Challenge Hong Kong after this event, but sadly enough the Hong Kong race just last minute announced that they won't have a prize purse or a Pro- race. This changes the whole thing and for that reason we had to cancel that trip.

All together it has been a amazing season for me and I decided that I will finish the season with this last win at Challenge Kanchanaburi.

We are here at Thanyapura until the end off November as we had planned those other races and as we are here anyway then there's this amazing race called LPT , Laguna Phuket Triathlon (<https://www.lagunaphukettri.com/>) which we did last year.

This was such a fun and great event that Per would really like to race that again.

I'm training and enjoying a brake, but maybe when I feel good and really want to, then I may start as well.

Until then we are training and having fun, enjoying the great food and massages and we just got some great company from my German college Anja Beranek.

At this time of the year training should be fun and enjoyable, hope you all remember that as well!



Hug from your **Vonsy**