

**No. 6. August 2019***European & Dutch champion Long Distance 2017 and WORLDRECORD: 16 (Sixteen!) times Sub 9 hours***Racing back to back**

By now it must be clear that the European Triathlon season is in full swing, race after race and hardly a weekend where there's no action.

My last update has been a while, I'm not sitting still and working hard on several fronts. I've always been a hard worker, it come's natural to me as I'm just not a person to sit still very long.

I've been enjoying some fun races which I was all able to win. City Triathlon Dresden was a tree peat, winning 3 years in a row, really love this event in the beautiful city of Dresden.

I had planned to have a great performance at the Half Distance race Challenge Walchsee, a race that I've won many times, sadly enough I got a problem with my chain and after that with my shifting gear (derailleur) at km 25 and only 1,5 minute down of the lead. I wasn't able to fix



it and this saw a DNF for me. Instead of further racing for myself I went back on the course and was able to cheer and support several of my athletes that I'm coaching under Team Sirius Europe. So proud that they all did so well. The coaching has become a new love and passion and I'm sure I'm going to be at least as good in this as I've been an athlete myself.

Of course I was disappointed this was my A race for the season and I was going so well, but one thing I've learned over the many years of racing, this shouldn't cost you energy and you should focus on a new goal strait away. This is what I did, I wasn't able to race the next weekend as Challenge Roth and me as a coach for 3 relay teams of the company Bartec was up next, but soon enough I found a great race the weekend after.



Just quickly back to Challenge Roth, first time for me not racing there as I'm giving my body a brake from long distance racing this year, but there's always new and fun things awaiting you when one chapter closes. Since beginning of the year the company Bartec (former sponsor) and I agreed to work together around the Project Challenge Roth and there 3 relay teams.

We had a great day at the company to start with, we then had a awesome Team Building weekend a month before the big day and the highlight of course the Challenge Roth weekend it selves.

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I cheered for each and everybody that day and loved to finally give something back to this race and enjoy the other side of my favorite race in the world. I did win the Womens run over 5 km the day prior to the big event, more then 2000 girls running, what a energy all together, so much fun and happy that I also saw this part for once.

My husband and me then drove to the Netherlands for the Dutch Championships over the Half distance, this would be my pay back race after my material problems in Challenge Walchsee. We totally loved the event and Per had a great time playing with all the fast Dutch guys, ending 3rd at the end. For me of course there was way more on stake as I wasn't going home without that Dutch title and I didn't have to.

Solid performances in all 3 disciplines rewarded me with a win on home soul. Having been the face for Long distance Triathlon in the Netherlands for many years now, it was great to motivate the young Dutch girls that will follow in my footsteps, back to work for you girls, I'm still there and as strong as always , not catching me yet:-)



One week of no training as I had a stomach issue, but then back at it with our favorite German House race at Triathlon Leipzig. My husband has now won this race 6 times and the last 5 years in a row. It's ridiculous how fast and strong he always is at his home race in our back garden. Since last year we partly live in Germany and love our house there, which is close to the Kulkwitzer See where the race is held, a beautiful part of Leipzig. I was able to win for a 3rd year in a row over the Olympic distance race, but it was hard, the conditions we're hard and I didn't feel very strong, I was still able to chase a lot of men, which is always fun. My finish time was 7 minutes slower then last year where I had a hard battle with a short course specialist, when she would have raced, I would have probably not won as I still felt weak from my GI issues.

I'm now on the way back to the Netherlands, this weekend, just a week after the Leipzig Triathlon we will be racing the IRONMAN 5150 in Maastricht the Netherlands, also a Olympic distance race, let's hope I got my normal power back.

Good luck to you all with all the further races and remember when something doesn't go as planned, then just deal with it, re focus and find a great new goal. It's all good.

Big hug from your **Vonsy**