

VONSY®

Newsletter



Yvonne
van Vlerken
Triathlete

No. 8. August 2018

European & Dutch champion Long Distance 2017 and WORLDRECORD: 15 (Fifteen!) times Sub 9 hours

Highlight of the year

Most athletes don't get married in the middle of the season, but as we wanted to get married in Per's home town Leipzig in Germany, we had to pick a summer month.

We decided that after Challenge Roth would be a good time and it was. Challenge Roth was a solid race but not the best performance

I have in me, the 5th position was, as mentioned before not the result for what I had trained for, but all that was forgotten with the preparations for our wedding. Every single thing was just perfect and we loved having all our family and only very close friends around us. Such a beautiful day that went way to fast.

From now on we will go further as Per & Yvonne van Vlerken. Not that very common, but still happening more often, Per took my name and for that reason will be now known as Per van Vlerken.

I totally love it and was very happy about his decision.



One of Per's favorite races is his home town race "Leipzig Triathlon", as we really didn't want to miss this event and also didn't want our titles from last year to go to others, we decided we would race after our wedding, yes we we're a little tired but of course the added energy off all those butterflies helped us to perform very well.

We both had serious, young and fast competition, but at the end we both managed to give our upmost best and hold on for close wins. The German TV MDR showed this great 2 minutes of the race with Per & me in the middle point, it's worth watching, so check it out:

https://www.mdr.de/mediathek/fernsehen/video-214960_zc-7748e51b_zs-1638fa4e.html

As I'm always busy and not long on 1 place, I'm writing this in the Netherlands, after having 1 week together as newly weds it was time to get back at it.

So what's next, well I'm here in the Netherlands with my parents and am looking forward to travel to the south of Holland later this week. Maastricht is calling. IRONMAN Maastricht/Limburg will see it's 4th edition and after racing it in it's debut year in 2015 it has long been over due to come back and race this IM in my home country.

The race will see over 2000 athlete's race but in the pro category it's a Women Pro only race. Which also means there's a bigger price purse as we don't have to "share" it with our Men college's :-)

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Which of course then means that the Pro Women field is stronger than it has ever been in Maastricht. Still I will have home advantage and am really looking forward to the event this coming Sunday. I will have the honor to be racing with BIB number 1 and the start is at 7 AM!

It would be a dream come true to bring this start number 1 to the finish line as first Lady as in 2015.

More information can be found

here: <http://eu.ironman.com/nl/nl/triathlon/events/emea/ironman/maastricht.aspx#axzz5Mf1MKw38>



When you think I will have a rest after, then your thinking wrong, the season has just started and it's full on. I will have 4 days of rest and recovery with my parents before travelling to Finland, that should be enough.

I wouldn't want to miss out on one of my favorite races and for sure one of my favorite race organizers, this is Challenge Turku, Finland. I've raced there the 2 previous years and really love the country, the people and the race itself. Finland is easy to travel to, the country is beautiful and the people are very friendly.

By the way did you know that Finland has more saunas than people?? Just one of those funny things. The race is organized with so much love and care and the city Turku welcomes us all with open arms.



This picture is from 2016 where I won Challenge Turku.

Per & me will be racing here together on Sunday August 12th. We have been making jokes as it's kind of a honeymoon, as we didn't have one yet. Per will be travelling from his IM Tallinn (Estonia) by ferry to Helsinki, to then meet up in our beloved Turku, isn't this romantic :-)

More information about this lovely event can be found here: <http://www.challengeturku.com/>

After this hopefully successful and very fun adventure in the coming 2 weeks, I will come back to you with the details right here. In the meantime, thank you for following me and your interest in this little Dutch girl, take care and enjoy this amazing summer :-)!

Hug from your **Vonsy**