

VONSY®

Newsletter



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European & Dutch champion Long Distance 2017 and WORLDRECORD: 14 (Fourteen!) times Sub 9.00.00 8:51:13

Challenge Mallorca

Mallorca is the island where I have spend many weeks training very hard in the beginning of my career. As the island is beautiful, has great weather and many hills, it's not only great for cycling but also for my beloved sport Triathlon. I've raced here a couple of times, always good races performance wise as the bike courses tend to be pretty hard which suits me.

I didn't expect to be on my best after my two IM's and with IM Barcelona just 2 weeks ago you can't expect to be rested or have great legs. I have recovered better then ever and did feel I could have a solid day.

The female field was pretty strong, a lot of young girls from the Olympic distance as well, they are always dangerous, especially when you have done as much racing as I've done. So it wasn't a big surprise that my but got kicked in the first discipline, these girls all swim as fishes, even with my new fast HUUB suit, I fell off strait away, a huge group of 10 girls took off and I was on my own for the whole 1,9 km.

The girls that I used to swim with before I improved my swim, we're all behind me and they told me they didn't have a change to keep up with me. Still I lost a lot of time on my own in the beautiful blue waters of Peguera. The bike course was though which was my safer of the day, after 45 km I was finally getting my race rhythm and started to overtake some off the girls, I really had some work to do.

Coming off the bike in 2nd with the 3rd and 4th Lady on my heels was the best I had on the day. Heather Wurtele from Canada who would win the race, was 4 minutes ahead and out of my reach as she's a great runner as well. She hasn't raced a lot and is one of the best on the half distance. I was running with the Belgian Olympian Girl Katrien Verstuyft , shoulder to shoulder, our speed was pretty fast (all these short course girls run fast...) and I knew it was just a matter of time before my legs would start complaining, I had to let her go on this hard, up and down run course trough the city of Peguera.

Racing Triathlon's is a mental thing, I was satisfied with a 3rd place for the day, it could be that this played a part why I didn't run faster. My goal and also the reason I raced Challenge Mallorca is the bigger picture and that's winning the Overall Challenge Ranking 2017. I'm the number 1 in the ranking and with the points from a 3rd place I extended my lead in this overall ranking.

The last race of the European Challenge Tour is next week, Challenge Forte Village Sardinia:

<https://www.fortevillagetriathlon.com/>

After this race we will know who won the ranking, it's a very tight race in the men's and the women's field. Why ,you may ask? Well more reasons, but the 25.000 Euro that you get when winning is for sure the biggest :-)

So fingers crossed nothing weird will happen and I will be flying home from beautiful Sardinia with a great pay check. Guess who's paying for our wedding next year :-)?

Thank you Challenge Family, love you hahaha!



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