



# Newsletter



Yvonne  
van Vlerken  
Triathlete

No. 19. December 2017

European & Dutch champion Long Distance 2017 and **WORLDRECORD**: 14 (Fourteen!) times Sub 9 hours

## Farewell 2017 & Hello and bring on 2018!

While writing this I have said farewell to my kangaroo friends, my beloved Aussie family and have embraced the beauty and smell off Australia one more time.

Australia is such a beautiful country, so different then others in so many ways, only the smell of this country is one of it's kind, I can't explain or describe the scent, it's just overwhelming and so lovely every single time you come off the plane and get out of the airport, it's just..... Well just Australia :-)

Still this country is far away and you never know if you will step on this soil again and to be honest after giving IM Western Australia a 3rd change, you know, I strongly believe in "all good things are 3!", I just don't know if I will be back.

IM Busselton is a amazing event, I truly think for example that this swim course is the most awesome swim on the circuit, where else then here do you get to share your course with sharks and other beautiful fish... Lol :-)  
Let's just take it from the funny site, it is the very truth and for the same reason this year we saw the swim cancelled as it wasn't "safe". I will make this race report very short as I'm still disappointed with the outcome. So swim cancelled, heat wave meant 35 C after a lovely cool week in Perth with 25 C and a still slightly tired Vonsy, even when I really tried to gather all my last energy for this IM. So I did feel great before the race but several circumstances including getting totally dehydrated in the first stages off the race, where just to much to handle for my body that has given me so much true the year.

I still road a 4.45 which was 6 minutes faster then the previous two starts here, but this race just doesn't seem to like me. Huge bike crash in my first attempt, food poisoning in my 2nd race here and now, well there go's all good things are 3 down the drain , no swim, heat wave, lack of water and just a ad up off several things. A 5th, a 3rd and now a 4th place here at IM Busso, I throw in the towel, this is not going to be my IM and I'm in peace with this :-)

Farewell IM Busso!

I'm champion in focusing on positives and hey what the ....., wauwwww what a year I've had, did you forgot all I've done in 2017? Well maybe this little overview is kind of "pretty cool" and at least is good for me to understand why I'm a "little bit tired" #understatement of the year.

Duatlon Lanzarote	January	1st	
Challenge Wanaka	February	1st	Time 9:15:00 & Course record!
IM New Zealand	March	DNF	(at km 32 run)
Chin Min Triathlon	April	1st	
Challenge Rimini	May	5th	
IM 70.3 St. Polten	May	2nd	
Women run Austria	May	1st	
IM 70.3 Kraichgau	June	2nd	
Challenge Heilbronn	June	Crash/DNF	
Dresden City Triathlon	June	1st	
Challenge Roth	July	3rd	
Mostiman AUT	July	1st	Course record
Leipzig Triathlon	July	1st	Course record
Challenge Prague	July	2nd	
Challenge Turku	August	2nd	

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Jannersee	August	1st
Transvoralberg	August	1st
Challenge Almere	September	EUROPEAN CHAMP 1st/ Course record
IM Barcelona	October	1st Course record
Challenge Mallorca	October	3rd
Challenge Sardinia	October	4th
Laguna Phuket Tri.	November	3rd
IM Western Australia	December	4th

Besides becoming Dutch & European Champion Long course, winning the European Challenge ranking, becoming Dutch Triathlon Sports women of the year, winning 3 full distance races, braking 5 course records, 11 wins, 4 silver spots and 3 times 3rd place, I also got engaged, moved to our new apartment and while doing all of this,

I was the most happy and shiny Yvonne I could imagine. I think this kind of give's you a tiny idea about how freaking awesome I think this 2017 year was, so I say cheers and thank you for all who contributed to this again amazing season and I welcome the 2018 with open arms.

I hope you will be part of yet to be another and in it's own way, a very special year.

I'm keeping my legs still for a bit and will have a look or two at this list, before I start thinking about swimming, biking and running again :-)



Nothing left then wishing you all a lovely Christmas, beautiful new year and the very very best for a fantastic, satisfying 2018 full off gratitude, love and all what you wish for.

Big warm hug from your **Vonsy**