

Seedhouse delivers his best finish at Florida triathlon

Dr. Erik Seedhouse enjoyed an awfully bright return to the Sunshine State April 28.

And the balmy weather was only part of the reason for that.

Avoiding the freak hypothermia-like sickness that plagued his efforts at last year's St. Anthony's Triathlon in St. Petersburg, FL, the 49-year-old Miltonian managed an adversity-free race this time around.

And the results certainly reflected that.

Delivering one of the best times in the entire field during a shortened swim (with waded judged to be too big) and setting a healthy pace over the remainder of the Olympic distance course, Seedhouse shed exactly 10 minutes off his 2012 finish — clocking in at 2:00.48.

That was good enough for fourth place in his 45-to-49-year-old men's ranks — just three minutes back of division winner Darren Dereuck of Boulder, CO — and 64th overall in an especially deep class that several world champions and Olympians. It also eclipsed his best-ever finish at St. Anthony, a 2:02.40 showing in 2011.

"This is as good as I've ever raced there, especially given that I'm at the end of this age group," said

Seedhouse, a former professional distance racer who's currently transitioning from his work as an aerospace project manager with Defence Research and Development Canada to being self-employed as a triathlon coach and writer.

The Milton racer looked poised to win his age division after the swim, which he completed in a swift 10:56 minutes.

"I wasn't even breathing hard. I had a huge advantage over the rest of the field because I was wearing the fastest wetsuit on the planet — the Huub Archimedes," said Seedhouse, who placed third in his age class earlier this spring at the Lavaman Triathlon in Hawaii. "By the time I had swum 100m I was in the lead — and never looked back."

But his front-runner status would eventually give way, as Dereuck came up with a blistering 36-and-a-half minute run to take over top spot.

Admitted Seedhouse, "I just wouldn't have had an answer to that (Dereuck's run)."

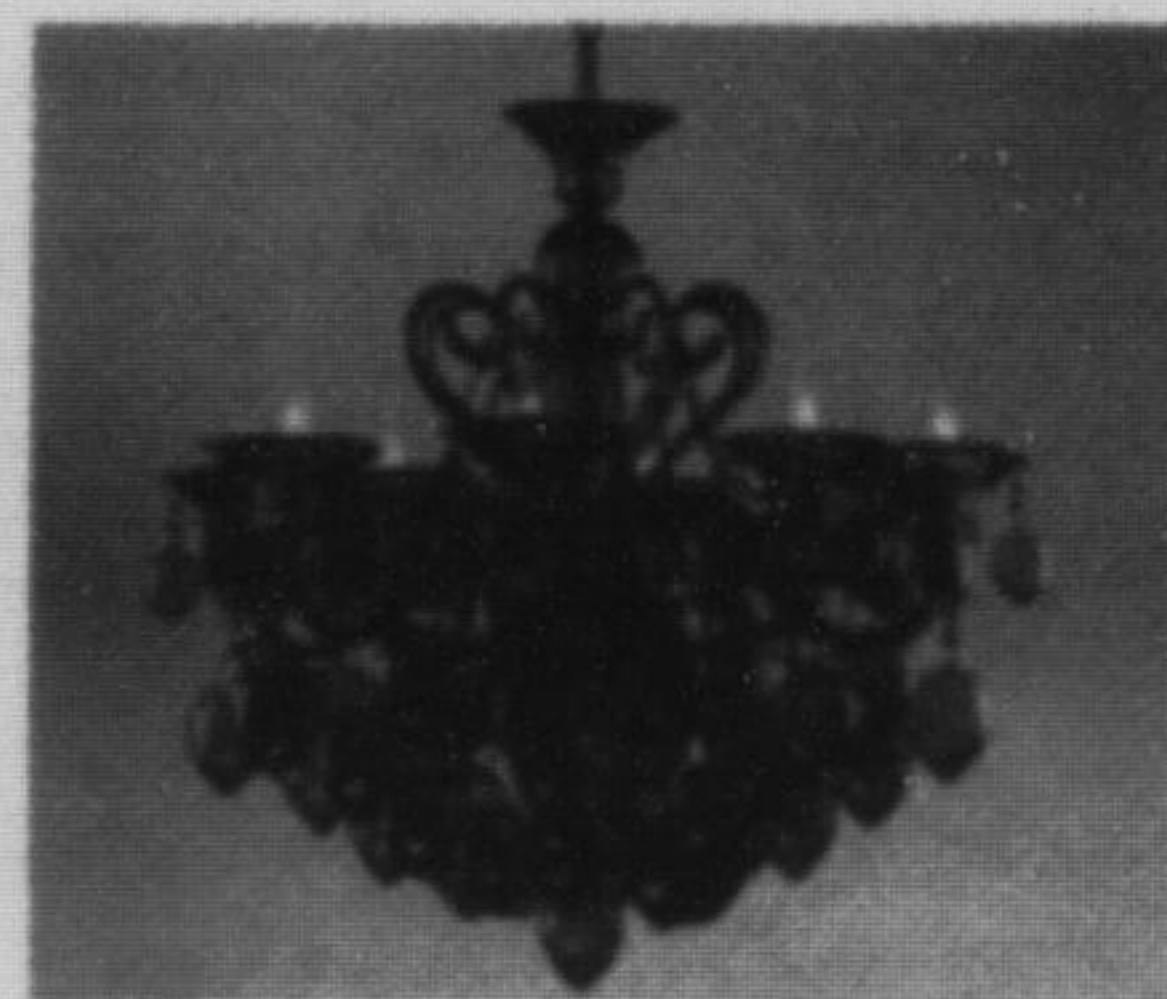
Up next for the highly accomplished triathlete is the Ironman 70.3 (half) in Mont Tremblant, Quebec June 23.



Dr. Erik Seedhouse delivered another strong showing at the St. Anthony's Triathlon recently.

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