



B.E.A.S.T.

Borden Enduros Athletic Swim Team

Masters Swimming Ontario ... for "Fun, Fitness & Friendship"

The 2nd Canadian Forces National Swimming Championships were held in Nepean, Ontario from 25-27 March, 2011. The event was held in conjunction with the Ontario Masters Swimming Championships at the Nepean Sportsplex 50m pool. BEAST was represented by four CF swimmers (competing in both Championships) and one civilian swimmer competing in the Masters event. The team finished 21st out of 55 teams in the overall competition, an exceptional result for a small team of only five.



The BEAST Team at Nepean

L-R: Don Bauer, Rhonda Samson, Rachael Hosford, Andrew Thomas, Issa Paré

Of note, the team finished in the Bronze Medal position (2:21.62 - a BEAST record) in the 4 x 50m Medley Relay (120-159 age category) with swimmers :

- BK Rhonda Samson 41.10
- BR Issa Paré 42.56
- FL Andrew Thomas 29.36
- FS Don Bauer 28.60

The team's 6th place result (1:57.24) in the 4 x 50m Freestyle Relay in 1:57.24 was also a BEAST record (120-159 age category) with swimmers:

- 1 Andrew Thomas 26.89
- 2 Issa Paré 32.83
- 3 Rachael Hosford 29.43
- 4 Don Bauer 28.09



The BEAST Nepean Team back at Borden
L-R: Don Bauer, Rachael Hosford, Coach Cathie Bass, Rhonda Samson, Issa Paré,
Lifeguard Terri-Lyn Harris (missing Andrew Thomas)

Here is a rundown on the BEAST Team's results:

Newly posted to CFB Borden, **Cpl Rachael "Hos" Hosford** (25-29 age category) had an outstanding meet, medaling in all six of her individual events. The results earned her an invitation to the Canadian National Masters Swimming Championships in May for a CISM Swim Team Try-Out. Her results were as follows:

Gold	- 100m Individual Medley	1:14.30
Silver	- 50m Backstroke	34.06
Silver	- 50m Freestyle	29.79
Silver	- 100m Freestyle	1:05.03
Bronze	- 100m Backstroke	1:12.98
Bronze	- 100m Breaststroke	1:26.43
Sixth	- 4 x 50m Freestyle Relay	29.43

Long time CISM Swim Team member **MCpl Issa Paré** (30-34 age category) was competing for the first time since becoming the mother of twin boys. Her individual results included two Bronze medal swims as well as a CISM invitation to the National's in May:

Bronze	- 50m Breaststroke	42.00
Bronze	- 100m Breaststroke	1:30.86
Bronze	- 4 x 50m Medley Relay (BR)	42.56
Fifth	- 50m Backstroke	38.73
Sixth	- 100m Backstroke	1:22.86
Sixth	- 100m Individual Medley	1:21.31
Sixth	- 4 x 50m Freestyle Relay	32.83
Tenth	- 100m Freestyle	1:11.21

Cpl Andrew Thomas (30-34 age category) became a BEAST swimmer in the Fall of 2010 when on course at CFB Borden (currently posted to CFB Petawawa). Although out of the medals in his individual events, Andrew's incredibly fast times also caught the eye of the CISM Swim Team and resulted in an invitation to the Nationals in May for a CISM Try-Out. His results were as follows:

Bronze	- 4 x 50m Medley Relay (FL)	29.36
Fourth	- 50m Backstroke	32.58
Fourth	- 100m Backstroke	1:11.09
Sixth	- 50m Freestyle	26.59
Sixth	- 50m Butterfly	30.18
Sixth	- 4 x 50m Freestyle Relay	26.89
Seventh	- 200m Freestyle	2:16.47
Ninth	- 100m Freestyle	1:00.02 (!)

Cpl Rhonda Samson (35-39 age category) was competing in her first CF Swimming Nationals. Her strong 50m Backstroke swim in the team's 4 x 50m Medley helped secure the Bronze medal result.

Bronze	- 4 x 50m Medley Relay (BK)	41.10
Fifth	- 50m Backstroke	41.59
Ninth	- 100m Backstroke	1:27.12
Ninth	- 100m Individual Medley	1:29.91

Civilian Don Bauer (45-49 age category) had two individual medal swims:

Silver	- 50m Backstroke	33.59
Silver	- 100m Backstroke	1:13.64
Bronze	- 4 x 50m Medley Relay (FS)	28.60
Fifth	- 50m Freestyle	28.53
Fifth	- 50m Breaststroke	36.93
Sixth	- 100m Freestyle	1:04.44
Sixth	- 100m Individual Medley	1:15.64
Sixth	- 4 x 50m Freestyle Relay	28.09

None of these results would have been possible without the huge effort put forward by Capt. Cathie Bass in coaching the team for the fourth season. Cathie's tireless dedication to professional program design and coaching of BEAST involves hundreds of her volunteer hours per season. Cathie's expertise has made the CFB Borden Masters swim program an example of excellence within the CF.

The team will be training very hard for the next six weeks to send a contingent of swimmers to the Canadian National Masters Swimming Championships 20-23 May 2011 in Montreal QC. All BEAST swimmers can race at Nationals!

The team also benefits greatly from the reliable, very early morning life-guarding provided by Terri-Lyn Harris. Many thanks!