

# Friends last the test of time

**Be a part of excitement**

By **NICOLE KUTER**

TODAY Freya Bieniek and Eliza Brooking will be walking through the gates of Catherine McAuley Catholic Primary School as best friends, just like their mothers did 30 years ago.

Despite a long distance relationship, Rachael Brooking and Gabriel Bieniek's friendship has stood the test of time but they never imagined, more than three decades ago, they would have girls who love spending every minute together as well.

Ms Bieniek said the secret to a long-lasting friendship was to never be afraid to pick up the phone and call someone, no matter how long it's been since the last conversation.

The pair met over 30 years ago, at Catherine McAuley Catholic Primary School, which was then St Joseph's.

They continued together in the same classes and graduated from James Sheahan Catholic High School in 1992.

"Never assume just because it has been so long that it will not be the same," Ms Bieniek said.

"We'd go a long time without talking but then we'd call and we'd talk for over an hour."

Mrs Brooking and Ms Bieniek went their separate ways after high school. Mrs Brooking stayed around Orange and Ms Bieniek moved around the



**BEST BUDDIES:** Freya Bieniek and Eliza Brooking always get along says Gabriel Bieniek who was best friends with Eliza's mum Rachael. Photo: STEVE GOSCH 0127school2

place and recently moved back to Orange from Canberra.

She said even after long absences, the two, who have musical backgrounds, would get together and Mrs Brooking would play the piano and Ms Bieniek would sing along.

She said the two girls now also play piano.

"There's no pressure on them, people grow up and have different tastes, but it would be nice if they stayed friends," she said.

According to a survey conducted by The Australian Psychological Society, the most effective strategy for managing stress was spending time with friends.

IT'S an exciting time of year for all school-aged children: from kindergarten kiddies starting out on the educational adventure to boys and girls moving into primary and high school.

So we're putting together a 'School Rules' gallery - showcasing Orange's students as they prepare for the first days back in the classroom for the 2014 year.

If you would like your child or children included, email a photo to [david.neil@fairfaxmedia.com.au](mailto:david.neil@fairfaxmedia.com.au), along with all relevant names, what year the kids are in and what school they attend.

Please remember to send the photo as an attachment to the email, as opposed to copying it into the writing, so that it can be re-produced in high quality.

One lucky family who submits a photo will win a family pass to the Taronga Western Plains Zoo in Dubbo.

The winners will be announced on Saturday, February 8.



## ELITE ENERGY TRIATHLON

Saturday 1 February 2014



## Orange racing returns

ELITE Energy racing is returning to Orange this Saturday with the Orange Toyota TriOrange Triathlon Festival.

The event is proving popular with around 400 entries received. The festival will cater for a range of ages and abilities, from young children through to experienced campaigners looking for a challenge.

Saturday's event will be held at Lake Canobolas with the first race, the Olympic distance, starting at 7am.

Late entries close today at 5pm, while entries will be taken on the day from 5.30am (Olympic), 8.30am (sprint), 10.30am (enticer) and 11.40am and 1.10pm (MiniMan). For more information go to <http://www.eliteenergy.com.au/orange/>.



**HERE THEY COME:** Competitors emerge from the water during the 2013 TriOrange Triathlon Festival at Lake Canobolas. Photo: STEVE GOSCH 0202sgtri16

## Go your distance

### McDonalds MiniMan

7-11 years:

It's triathlon for kids and they love it! The event focuses on participation and encouraging a healthy, active and fun lifestyle from an early age and it doesn't matter what you think your athletic abilities are we encourage you to join in the fun.

All of our young champions will receive a race singlet or t-shirt and a commemorative medal when they cross the line with a great sense of achievement.

7-9 years: 50m swim, 2km bike, 500m run.

10-11 years: 150m swim, 4km bike, 1km run.

The enticer distance is one of our most popular distances to race. This is the "can do" triathlon. Race in a supportive atmosphere among other like-minded people and become part of the thrill and excitement of triathlon racing while gaining the absolute joy and pride that comes with accomplishing a personal goal.

### Sprint

750m swim, 20km bike, 5km run.

Feel the need for speed, a step up from the enticer or a hit out for something bigger? Sprint racing has plenty of action and excitement as you swim, bike and run yourself around some of Australia's most stunning locations.

### Olympic

1.5km swim, 40km bike, 10km run.

There has been a massive increased demand for the Olympic triathlon. With the increasing exposure through the ITU race series and a generally growing base of athletes we have seen races sell out in hours. Elite Energy has five Olympic distance triathlons on the race calendar and this season is shaping up to be a superb opportunity to race with exceptional events along the NSW east coast.

### Junior series:

The NSW junior triserries events have been introduced to provide junior triathletes with more opportunities to race across the state in an exciting series format with innovative incentives and a safe and supportive atmosphere. Athletes can enter in just one or as many series events as they choose; there is no minimum.

12-15 years: (Enticer) 300m swim, 8km bike, 2km run.

16-19 years: (Sprint) 750m swim, 20km bike, 5km run.

### Enticer

300m swim, 8km bike, 2km run/walk.

**triorange**  
triathlon festival

Saturday 1st February 2014

Set amongst the vineyards and stunning Lake Canobolas, Orange is expecting to attract up to 600 amateur to professional athletes to compete in the **Orange Triathlon**

Working with local businesses, Council, sporting and community groups, Elite Energy creates a fun, festival atmosphere and encourages family participation with something for everyone, including beginners and children.

Elite Energy would like to sincerely thank our sponsors and supporters

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