



Neringa Aidietyte





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**Name :** Neringa Aidietyte

**Born:** 05.06.1983

**Date Joined IAC :** Early 2011

**Personal Bests:**

10 km walk - 46.14 min.

20 km walk - 1.33.05

**Notable Performances:** 7th place in European Championship U23, 5th place in Universiade (2007), multiple Lithuanian champion, British champion twice (20 km walk)



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**Representative Honours:** 2012 London Olympics (39th place), European Championship in Barcelona 2010 (15th), World Championship in Daegu 2011 (DQ), multiple Lithuania's representative in Race Walking World and European Cups. In 2008 won team 4th place in World Cup.

**Most Satisfying Performances:** PB and qualification for London Olympics in Lugano (SUI) 2012

**My Biggest Disappointment :** London Olympics.

**My Most Embarrassing Moment:** Getting sick in 20 km World Cup race and throwing up (with only 100 m to go to the finish line) on the road in front of all the spectators. Somebody even took a picture of me and post it on Facebook! Thanks God they didn't tag me!

**Typical Weeks Training:** Mon. 15 km walk, Tuesday - speed session of 12x1 km or 5-7x2 km, Wed. 20 km walk, Thursday - 15 km run, Friday - fartlek 10-15 km, Sat. - 20-25 km walk. Sun - day off

**Favourite Sessions:** run and swimming (off-season)

**Who is your Greatest Rival:** My best friend and fellow Lithuanian Brigita Virbalyte.

**How would you improve the sport of Athletics:** Advertise it the same as football and get bigger media's attention to it

**What car do you Drive:** I don't own a car at the moment

**Favourite Athlete or Sportsperson:** Michael Johnson

**What other sports do you follow:** Basketball, Football

**Best Country Visited :** Switzerland

**Favourite Food and Drink:** Pasta and water

**Favourite TV Shows:** Friends, Scandal, Grey's Anatomy, Sex And the City



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**Last Film Seen:** A Few Good Men

**Last Book Read:** F. Scott Fitzgerald "The Great gatsby"

**Favourite Singer/Band:** Beyonce, Adele, E. Sande, Pink

**Last Album Brought:** E. Sande "Our version of Events"

**Last Concert Attended:** Does the Olympics Closing ceremony counts?

**Do you have any Pets:** I'm a dog person and all my life had dogs but at the moment I don't have any pet.

**With you going on first leg, who else would be in your dream 4 x 400m team:**

Usain Bolt (I'm sure he can pull off 400 m), Jessica Ennis and Ashton Eaton