





Neringa Aidietyte

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)

Representative Honours: 2012 London Olympics (39th place), European



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Championship in Barcelona 2010 (15th), Worlds 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 12×1 km or 5-7×2 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