

When Lithuanians representatives won 3 gold and 1 silver medals at the most important international events of the year 2003 - Women's World and European Body Fitness Championships, there's no doubt left, who dictates the fashion of today's Body Fitness. "Came and won" - holding on such style Inga Neverauskaite, 22, from Elada Gym, Siauliai and Zivile Raudoniene, 21, from Olimpas, Kaunas, gained a double victory at the European Body Fitness Championship in Izmir, Turkey.

Inga Neverauskaite repeated her success at the IFBB World Championships in Santa Susanna, Spain, while Zivile Raudoniene won silver medal.

#### Unexpected luck

Inga Neverauskaite (over 164 cm), who made her debut at the World Championship in Spain, had never dreamt that she could become a winner and get the gold - "I didn't believe even in passing into the final five, so it was a remarkable achievement for me. I was very happy". Fresh international fitness star claimed that it was not a couple-of-months-work. She has been working-out the whole year, the preparations has run constantly. "She has got a strong character, is persistent, hard-working, talented and able to work consistently and purposefully" - trainer of Siauliai's Elada Gym, Valerijus Aleinikovas about his pupil. Being a teenager, Inga didn't miss any aerobic session and sports dancing at school. Then she was noticed and invited to take part in the fitness competition and finished...the last. "I didn't know anything about fitness, it was a new thing at that time. I was interested in and decided to try." - she said. From that time she dedicated seven years for fitness. Among 31 participants in up to 164 cm class, Zivile Raudoniene brought one more - silver - medal to the Lithuanian team's collection.

#### European crown holders

This spring the debutantes and laureates of the planet Championship performed perfectly in the European Fitness Championships in Izmir, Turkey.

Inga Neverauskaite became not only the winner of her height class (over 164 cm) in body fitness, but also won the overall title.

Zivile Raudoniene took the main award in the short class (up to 164 cm). Such impressive was her come back on a competitive stage after two-years layoff.

"I am devoted to this sport" - says a student of Lithuania's Academy of Physical Education, whose life rhythm is being dictated by a strict agenda.

Taking seven years back, living in Alytus at this time, Zivile started attending the Fitness club Margiris. The goal was to drop a couple of kilograms.

At 17 she took part in 1999 European Fitness Championship, where finished 11th. "Fitness requires a lot of hardiness. On the other hand, it gives a great deal of pleasure, while competing. That's why, perhaps, I'm able to cope with all difficulties" - current European and twice Lithuanian champion explains.

And that's why a long and tiring trip to Turkey wasn't an obstacle to her and Inga, even if it took 32 hours (including changing of the buses, taking up flights, but finally reaching the destination - Izmir).

However, they were so close to coming back home without medals. Inga had to look for some other shoes to wear. “I didn’t have proper shoes with me, so I thought I wouldn’t qualify to the finals, however, I happened to borrow the shoes from Turkish sportswomen. And thanks to EBFF officials, Stanislav Pesat and Eva Sukupova, for understanding and help” - said Neverauskaite.

The secret of winning – to be adamant

Inga Neverauskaite glances bashfully and smiles. Dimples appear in her cheeks, lips denude white teeth. The girl has been living on five egg whites and a porringer of rice for three months already. The girl utters in a silent, gentle voice and straight confesses to being an uncommunicative talker – she hardly associates with unknown people and is not open. Sport – the veil for shyness. For this reason, she does not resolve to begin working as a hairdresser – the profession she gained in Siauliai few years ago. She is frankly only with people she can trust to. Inga has gone in for sports all the time: danced, took aerobics. She likes feeling good. She might have changed fitness to some other sport unless the taste of victories – the first places in competitions. In addition to this, Lithuanian fitness champion titles for consecutive three years stimulate to endeavor.

The girl says she does not like high-heeled shoes, mini skirts and tight dresses. She loves feeling comfortably. Attention bewilders and emaciates her.

Inga says she overcomes her wishes, adding that luck at contests comes to her exactly because of the strong will.

Despite all the difficulties, Neverauskaite has enough vigour after eight or more hours of work to dedicate the next two for training. The last two years she lives in London, being employed abroad. There was no job in Lithuania. “If she is able to work in England and train – she has “a powerful engine” inside” - says her trainer Valerijus Aleinikovas.

Her boyfriend doesn’t object when Inga wants to return to her native town for a month or so to get prepared for the contests.

Will you stay in England forever? - I ask her. “I don’t know. I’m living by this day. I feel free in England – there are less problems. Money gives people sense of freedom. Everybody smiles.”

Life like a robot

“I sacrifice everything for the sport” - said Zivile Raudoniene. She goes to bed and wakes up in the strictly fixed hours, eats in every two and half an hour and the food she eats isn’t whatever is available. She has three training sessions a day in Kaunas and once or twice a week she goes to have her training in Vilnius. She can’t have any deviation from the rules, any glass of champagne or distractions with her student friends. Lifelike a robot. She can take a rest from all this duties only after the end of the contest season. Just a price of winning. “Very obstinate, hard-working, 100 percent doing what is said” - **trainer Remigijus Bimba** describes the athlete. “I lost 8 kg in few months. They will gain back. Just weight fluctuation necessitate a lot of problems. I have to buy clothes made of elastic materials or have two wardrobes at home, which accommodate outfit for often-changed figure” – laughed Raudoniene. Her hairs and nails suffer from the spare diet.

Zivile is different from lonely Inga, so usually accompanied by a big supporters team – not only trainers, but friends, relatives and her lover too: “We are together long enough to depend each on

other.”

Raudoniene always catches the attention of men in the street. “I try not to pay attention to it, but if they approach me, I politely say “Good bye” – stated presentable girl. “My ideal of man is a respectable and tidy man, but I don’t look for such man, as I’m not ideal too. Because of that, I don’t change friends like socks”- says Zivile. At the moment, European champion and World runner-up, Zivile Raudoniene, doesn’t make plans for her future because she is just in the beginning of her career.

Turkish looking for a marriage

The both Lithuanians had a lot of admirers in Turkey. With a big smile, the girls recall the story. Just before the contest started, behind the stage, two local businessmen approach them and began persuading them to stay in Turkey for good. The men became very boastful, explaining how rich they are, how many stores they have and the final touch – marriage. Zivile Raudoniene (maiden name Dvareckaite) got married recently; Inga Neverauskaite has a boyfriend as well. So the only way was to say “sorry”.

Fantastic heights

President of the Lithuanian Bodybuilding Federation and the international judge, Dr. Ramutis Kairaitis, was amazed by such success of both Lithuanians - “Our fitness competitors achievements at the World and European Championships are a pleasant surprise. It shows that there is not only basketball in Lithuania. Reaching such heights and surpassing athletes from economically more developed countries, where they have much better conditions, is a fantastic result.”

The athletes of Lithuanian Bodybuilding Federation reap laurels at international arenas not for the first time. Natalija Murnikoviene became a bodybuilding World champion twice. Six times the Lithuanians won first place at the European Championships. Olegas Zuras was the World Games champion - Olympic Games for non-Olympic sports.