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WORLD NO.1 KINDERIS MOVING MOUNTAINS AT US TRAINING CAMP

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After taking the World title in Chinese Taipei this summer, Lithuania's Justinas Kinderis claimed top spot in the world ranking to end the year as the No.1 male pentathlete. The 26-year-old now knows he has to remain at the peak of his powers to stay at the top of the pile.

With so many talented athletes all vying to take his place, Kinderis has been pushing himself to his very limits in Colorado Springs to make sure that he is in the best shape of his life coming into 2014.

Lithuania became the dominant power on the world stage after Kinderis joined his compatriot Laura Asadaukaite, the reigning Olympic Champion and best female pentathlete on the planet, as the leading lights in their respective categories.

Kinderis is moving mountains in order to be at his very best for the first international event of the year, the much anticipated World Cup Series #1 in Acapulco, Mexico.

With Adam Marosi showing he is ready for the challenge of toppling the Lithuanian, having won the Hungarian National Epee fencing Championships, and Valentin Prades coming of age, along

with a whole host of hungry rivals all eager to move up the ranking, Kinderis will have to be at his very best once more next year.

The signs from Colorado Springs are very encouraging and Janusz Peciak, US National Coach, has been impressed with his dedication in training, stating, "He has looked so strong both physically and in his mentality. He really want to do good next year. You can see he is very hungry. You can expect great things from him".