

'It's been a long season but now all the World Cups are done; we have a couple of weeks off so I'm happy to finish the World Cups on this note and looking forward to being back in Seu.'

The main priority for Matej Benus on Saturday was finishing ahead of his Slovakian team mates Alexander Slafkovsky and Michal Martikan as the trio did battle for the one available C1 slot for Tokyo.

He made certain of the result by winning the men's C1 final by more than 2 seconds with Russia's Kirill Setkin 2nd and Slovenia's Luka Bozic 3rd.

'Winning is always difficult so I'm super happy I won this one,' Benus said.

'This win was also important for me because Alexander Slafkovsky won the last World Cup so it was important for me to get a lot of points from this race.

'It's pretty difficult because just one guy can go to the Olympics and there are three Slovaks in the top five so it's very important to have a good final and be mentally strong.'

The win helped Benus leapfrog Bozic in the overall World Cup standings.

'The guys from Germany, Czech, Great Britain, Slovenia, they are so strong so you need to have a good run if you want to win a medal,' he said.

'Sometimes I have a good run and I don't win a medal but that's all right.'

Jiri Prskavec sent his home crowd into raptures and Jessica Fox held on by her fingernails to both claim golds and wrap up the overall season titles on the final day of competition.

Fox once again proved her dominance of women's canoeing, taking the C1 gold medal to add to the K1 she won 24 hours earlier. It also meant that, like 2018, she won both the K1 and C1 overall World Cup titles but she only just held on to win on Sunday, posting a time 0.04 second quicker than Kimberley Woods in the C1. Czech Tereza Fiserova was 3rd.

'I think every race has been pretty tough and challenging and I think after yesterday's win it was such a big win for me so I wanted to come back today and go through the process again and stay grounded,' she said.

'It wasn't perfect and it was a fight to the finish. My goal is always to put down my best runs not win the overall World Cup; that's a bonus of doing consistent races.

'It wasn't the perfect season like last year but I've learned so much from every race that I've done. The competition in the C1 category is getting better and better; the girls are hungry and improving a lot. It makes me really proud to be in this category.'

Fox finished well ahead in the overall standings with 312 points to Brazil's Ana Satila on 225 to make it three C1 titles in a row. Fiserova was 3rd on 222 overall points.

After 14 World Cup finals without a win, Jiri Prskavec sizzled down his home course in front of a capacity crowd to take his first World Cup title in three years, relegating team mate Vit Prindis to 2nd and Frenchman Boris Neveu to 3rd.

'It's finally happened; it took me three years but it was amazing to win in front of my home crowd, where I grew up,' Prskavec said.

'It feels amazing. I have grandmothers and aunts and so many people from my family here so it's special that I gave them something back.

'It also feels special to be overall winner again. I don't know how many other paddlers have won two in a row so it's a special moment as well.'

Germany's Sebastian Schubert is the only other slalomist since 2000 to successfully defend a men's K1 overall World Cup title.

Slovenia's Peter Kauzer was 2nd and Prindis 3rd.

The Czech Republic's Veronika Vojtova and Germany's Stefan Hengst are the 2019 extreme slalom world champions after frenetic finals on Sunday.

Vojtova found herself up against 2017 world champion Caroline Trompeter of Germany and 2019 overall leader American Ashley Nee but kept her composure in front of a passionate home crowd to grab the gold.

'It was a perfect day for me because I managed to win at home,' Vojtova said.

'My slalom run was not good before all the local fans but now I am a world champion in slalom cross. What a super day.

'My last run was in Rio last year. I had many plans but this is slalom cross; it's a crazy time. My start was not good in the final so I just had to wait for my time.'

Vojtova beat Russia's Polina Mukhgaleeva with Trompeter picking up the bronze.

Hengst also had a tough final which included 2017 world champion and hometown favourite Vavrinec Hradilek but the German went out hard early and held on to finish ahead of Russia's Nikita Gubenko and Brazil's Pedro Goncalves.

'I enjoyed today a lot; it's so good to race here in front of the Czech people,' he said.

'You can have a race plan but it will not work. You have to react and see what the others will do and hope that you react right and go for the right line. Sometimes it goes good for you.

'I hope we can combine this more in the future to maybe get it in the Olympics. That would be nice.'

In the overall extreme slalom world cup standings Ashley Nee came out on top in the women's competition, ahead of Caroline Trompeter and Polina Mukhgaleeva.

In the men's competition it was Hradilek who took the season title, ahead of Goncalves with Great Britain's Etienne Chappell 3rd.

#### ICF

**K1W:** 1 J Fox, Australia, 101.11.2 A Satila, Brasil, 103.98. 3 E Tercelj, Slovenija, 104.30. 5 K Woods, GB, 106.13. 6 M Franklin, GB, 107.41.

**K1M:** 1 J Prskavec, Ceska, 90.67. 2 V Prindis, Ceska, 93.20. 3 B Neveu, France, 94.18. 8 J Clarke, GB, 105.47.

**C1W:** 1 J Fox, Australia, 113.95. 2 K Woods, GB, 113.99. 3 T Fiserova, Ceska, 118.39. 15 M Franklin, GB.

**C1M:** 1 M Benus, Slovensko, 100.26. 2 K Setkin, Rossija, 102.43. 3 L Bozic, Slovenija, 103.42. 6 A Burgess, GB, 104.19. 13 D Florence, GB. 15 R Westley, GB.



Vojtova and Hengst were the extreme slalom champions.