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done the work and try and deliver. I thought if I went as hard as I could I could deliver.'

The Polish women's canoe programme continued to go from strength to strength with Dorota Borowska adding the C1 U23 women's 200m gold to the U23 K4 500m gold from 24 hours earlier.

'I had a good start, had a good finish, so I am very happy,' Borowska said.

Spain's Cayetano Garcia broke through for the biggest win of his career, taking the C1 junior men's 200m in one of the closest finishes of the day.

Garcia lunged on the line to tip out Ukraine's Pavlo Borsuk, with 1,000m metre sensation Jose Cordova 3rd.

'I felt really good in the semi final and in the final with the Ukraine; he was so near but I thought I had to win because this was my moment,' Garcia said.

'For me, for Spain, it is so big. For my country, my family and my friends I am so happy.'

One of the biggest surprises of the day came in the men's U23 K, with Roberts Akmens from Latvia in lane 2 returning to the winners podium for the first time at an international event for five years.

'This is my last U23 so I'm really happy that I managed to get the gold medal,' Akmens said.

'I really wanted to get the medal. I always have winning a medal as my goal and this day was my day. I hope it encourages a lot of young people in our country.'

Uzbekistan's gold medals came courtesy of Artur Guliev in the men's U23 C1 and Dilnoza Rakhmatova and Nulufar Zokirova in the women's U23 C2 200 metres.

Hungary picked up five gold medals on the final day of competition to cement itself as the dominant nation on Sunday.

Sophia Jensen repeated her performance of 2018, finishing the competition with three gold medals, while there were also golds on the final day to Germany, Russia, Poland and Australia.

Jensen celebrated her final race as a junior paddler by teaming with Julia Osende to defend the C2 500m title they won in Plovdiv last year. It added to the C1 200m and C1 500m gold medals she won earlier in the competition, the same medals as she won in 2018.

'I thought about it more today. I'm so happy. I really don't know what to think,' Jensen said.

'I just love what I do and love going out and doing the best I can. I'm super happy that this has all happened when I'm a junior so I can learn how to cope with the stress and the nerves and build on it for the seasons to come.'

There was also a double gold medal for Hungary's Emese Kohalmi and a second gold for Andras Redl. The two junior paddlers come from the same small Hungarian town of Vac and have both tasted success in canoe marathon.

Kohalmi's gold came in the K1 junior women's 500m and alongside Esther Rendessy in the junior K2 500m.

'I didn't think I could win two gold medals today so I am very happy,' Kohalmi said.

Redl won the junior K1 500m, to add to the K1 1,000m he won on the opening day of competition.

'This was my dream from my childhood,' he said.

'I watched big kayakers, watched them paddling fast with strong finishes. I always wanted to be a single kayaker. My dream has finally come true; it's a very happy day for me.'

The Australian men's K4 500 combination of Riley Fitzsimmons, Tom Green, Jackson Collins and Jean Van Der Westhuyzen proved too strong in their final, adding to the K1 1,000m gold won by Green and the K2 1,000m gold of Collins and Van Der Westhuyzen on Friday.

'It was a very special day,' Fitzsimmons said.

'It was just one of those races where everything came together on the day. It was a great last 200 and we managed to hold on.'

After two silver medals, Hungary's Noemi Pupp broke through for

gold in the women's K1 U23 500m. She said it was the event she was most focussed on.

'It was a hard weekend; there was so much pressure on me today because I really wanted to win the Olympic race,' Pupp said.

'I prepared fully for the 500; it was my goal.'

Germany's Tom Maassen, Moritz Florstedt, Jochen Wiehn and Jack Gries won the men's junior K4 500m while the final gold medal of the competition, the women's U23 K2 500m, was won by Hungary's Karina Biben and Olga Bako.

Biben and Bako are in their first year of U23 competition, having raced in juniors in 2018.

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200m: K1WJ: 1 V Leaniuk, Belarus, 41.881. 2 I Bellan, Italia, 41.901.

3 E Rendessy, Magyarország, 42.085. 11 E Dale, GB.

K1WU23: 1 A Lucz, Magyarország, 41.188. 2 K Kovnir, Rossija, 41.348.

3 B Iversen, Danmark, 41.866. 7 L Lee-Smith, GB, 43.302.

K1MJ: 1 D Atkins, GB, 36.835. 2 T Maassen, Deutschland, 36.897.

3 G Martinez, España, 36.907.

K1MU23: 1 R Akmens, Lietuva, 35.060. 2 I Semykin, Ukraina, 35.178.

3 B Grabowski, Polska, 35.198. 10 T Thomson, GB.

C1WJ: 1 S Jensen, Canada, 47.593. 2 Y Dubovs, Cuba, 48.039. 3 X Lin, Zhongguo, 49.591.

13 A Aitchison, GB.

C1WU23: 1 D Borowska, Polska, 46.282. 2 K Kurach, Rossija, 47.182.

3 A Naxdrova, Belarus, 47.364. 14 E Hewitt, GB.

C1MJ: 1 C Garcia, España, 41.587. 2 P Borsuk, Ukraina, 41.605. 3 J Cordova, Cuba, 42.073.

C2WU23: 1 Rakhmatova/Zokirova, Uzbekistan, 43.340.

2 Szczerbinka/Borowska, Polska, 44.120. 3 Salanenko/Bohr, Belarus, 44.984. 14 E Hewitt, GB.

500M: K1WJ: 1 E Kohalmi, Magyarország, 1:58.013. 2 V Leanilik, Belarus, 2:02.743.

3 C Frierro, España, 2:02.837. 9 Z Clark, GB, 2:09.017.

K1WU23: 1 N Pupp, Magyarország, 1:56.067. 2 M Pulawska, Polska, 1:57.213.

3 B Iversen, Danmark, 1:57.789. 8 E Russell, GB, 2:02.543.

K1MU23: 1 J Thordsen, Deutschland, 1:47.247. 2 R Kundsén, Danmark, 1:47.983.

3 K Imrie, NZ, 1:48.575. 14 S Bristow, GB.

C1WJ: 1 S Jensen, Canada, 2:12.525. 2 X Lin, Zhongguo, 2:16.065.

3 Y Dubovs, Cuba, 2:16.485. 17 C Carey, GB.

C1WU23: 1 A Nazdrova, Belarus, 2:14.965. 2 G Bragato, Magyarország, 2:18.800.

3 L Cheng, Zhongguo, 2:19.810. 9 E Hewitt, GB, 2:31.249.

K2WJ: 1 Kohalmi/Rendessy, Magyarország, 1:54.262. 2 Sobiskova/Galadova, Ceská, 1:57.295.

3 Pashchanka/Kaluhina, Belarus, 1:58.985. 8 Clark/Dale, GB, 2:02.749.

C2WJ: 1 Jensen/Osende, Canada, 2:04.612. 2 Gonczol/Opavszky, Magyarország, 2:07.135.

3 Li/Li, Zhongguo, 2:07.601.

C2WU23: 1 Kurachic/Kharchenko, Rossija, 2:05.266.

2 Rakhmatova/Zokirova, Uzbekistan, 2:06.044. 3 Kisban/Bragato, Magyarország, 2:07.206.

K4WJ: 1 Magyarország, 1:38.070. 2 Deutschland, 1:40.160. 3 Canada, 1:41.060. 17 GB.

K4WU23: 1 Polska, 1:37.560. 2 Magyarország, 1:38.738. 3 Rossija, 1:38.778.

K4MJ: 1 Deutschland, 1:27.020. 2 Magyarország, 1:29.096. 3 Ukraina, 1:29.188. 11 GB.

K4MU23: 1 Australia, 1:24.793. 2 Danmark, 1:25.199. 3 Magyarország, 1:25.237. 17 GB.

1km: K1WJ: 1 V Zupko, Magyarország, 4:25.401. 2 B Galadova, Ceská, 4:26.241.

3 L Roehlings, Deutschland, 4:26.599. 12 F Peters, GB.

K1WU23: 1 J Hake, Deutschland, 4:13.363. 2 N Pupp, Magyarország, 4:13.396.

3 A Paloudova, Ceská, 4:19.291. 5 E Russell, GB, 4:19.784.

K1MJ: 1 A Redl, Magyarország, 3:42.493. 2 T Sobisek, Ceská, 3:46.526.

3 P Sanchez, España, 3:46.926. 10 P Miles, GB.

K1MU23: 1 T Green, Australia, 3:41.946. 2 J Thordsen, Deutschland, 3:43.024.

3 A Varga, Magyarország, 3:43.444. 10 S Bristow, GB.

C1MJ: 1 J Cordova, Cuba, 4:06.947. 2 J Minarik, Ceská, 4:11.509.

3 F Koeppen, Deutschland, 4:12.132.

C1WU23: 1 C Scheibner, Deutschland, 4:09.259. 2 C Diba, România, 4:10.699. 3 A Kodinov,

Bългария, 4:11.859.

K2MJ: 1 Kurth/Heuser, Deutschland, 3:31.000. 2 Orly/Erdelyi, Magyarország, 3:31.925.

3 Serrano/Del Rio, España, 3:34.398. 15 Benstead/Greaves, GB.

K2MU23: 1 Koleszar/Nemeth, Magyarország, 3:27.774. 2 Van Der Westhuyzen, Australia,

3:29.139. 3 Hiller/Kurschat, Deutschland, 3:29.602. 7 Smith/Gregory, GB, 3:33.542.