

of Poland with 2019 European champion Emma Jorgensen of Denmark 3rd.

Szeged was the course where in 2011 a nervous Carrington qualified for her first Olympics.

'I remember, eight years ago, trying to qualify for my first Olympics, making the A final; all I could think about was had I qualified that quota spot for New Zealand?' Carrington said.

'It meant a lot for me to do that eight years ago and it still means a lot to me. It's quite cool to think I've qualified another spot for the Olympics.

'It's a lot of pressure but I think that's probably how I keep performing and striving, to have that pressure on.'

Liam Heath returned to the course where he qualified in the K2 200m for the 2012 Olympics to win his second K1 200m title and, in doing so, booked a place for his country in Tokyo next year.

'Eight years ago, at this regatta, I qualified for London 2012 with Jonny Schofield and it means a hell of a lot after all these years to do it again,' Heath said.

'It was a bit of a rocky start to the year with my coach but we got through that and I've had one of my best years ever.

'I'm really happy with the way today has gone. It would be nice to finish a bit further in front but a win is great when you are facing the best athletes in the world.'

Heath beat Serbia's Strahinja Stefanovic and defending world champion Carlos Garrote of Spain.

Volha Khudzenka and Maryna Litvinchuk also booked a quota for Tokyo with an impressive win in the women's K2 500m. They followed up their impressive K2 200m title with a clear win over Poland's Karolina Naja and Anna Pulawska with Slovenia's Spela Ponomarenko Janic and Anja Osterman 3rd.

'We understand that at the Olympics there will be tough countries to beat so we are not relaxed now,' Khudzenka said.

'We must continue to work into the future.'

China continued its strong canoe performance with a powerful win in the men's C2 1,000m. Hao Liu and Hao Wang held out Cuba and Brazil to win, following on from the win by the C2 500m crew 24 hours earlier.

'This is not just about us; this is about all of China and our strength in the canoe,' Wang said.

Lisa Carrington proved herself the best female paddler in the world in 2019, Germany showed off the depth in their men's team and Brazil's Isaquias Dos Santos broke through for the biggest win of his career on the final day.

There was also much celebration among the capacity Hungarian crowd when their women's team took gold in the highly anticipated K4 500m final while China showed once again its strength in canoe events with a hard fought gold in the women's C2 200m.

Carrington followed up her dominant K1 200m gold from Saturday with a slashing win in the K1 500m, just the second time she has won the title. She flew out to a commanding lead and won easing down over Volha Khudzenka with two time Olympic champion Danuta Kozak 3rd.

'The 500 is a really tough event and the girls I compete against are just amazing so you have to bring your best game to the world champs,' Carrington said.

'The 500 requires a bit more work and a bit more strategy so for me it's cool to be able to go out there and execute the race that I wanted to.

This is just one race today and in 12 months we have another one. It's really wicked to know the hard work I've put in and the hard training and the difficult times do pay off.'

Isaquias Dos Santos had never won a major international gold medal in the C1 1,000m before this week but finally broke through in Szeged by overrunning two time Olympic gold medalist Sebastian Brendel. The German faded to finish 4th.

'It was very important for me to step up,' Isaquias said.

'I knew I had to work harder to get the gold. It doesn't come easy but I was ready to get the gold. For sure this gives me confidence but it's the daily work that is going to get me into the Olympics.'

Germany's Max Hoff is in line for a fourth Olympics after teaming up with 20 year old Jacob Schopf to win the men's K2 1,000m, finishing ahead of Spain and France. Hoff joined Schopf earlier this year after regular partner Marcus Gross fell ill and the pair have established themselves as Tokyo gold medal favourites.

'In 2017 I had some problems with motivation but at the moment I am paddling because I like it. I have so much fun doing this,' Hoff said.

'It is a dream if you are able to do it at this age like me and that you have the chance and you are healthy and that you are strong enough.'

'The quality in the German team is so high so next year we have to show what we can also do,' Schopf said 'but it is my biggest aim now to paddle in 2020 with Max.'

The much anticipated showdown in the women's K4 500m turned into a tussle between home town favourites Hungary and the formidable Belarussian combination. The home crowd proved decisive as Dora Bodonyi, Erika Medveczky, Tamara Csipes and Alida Dora Gazso kept Hungary's incredible record in the event intact.

'In Hungary in the K4 you have pressure all the time because there is so much competition for places,' Medveczky said.

'It's hard because we have to win and there is always pressure,' Csipes, a K1 1,000m gold medalist from Saturday, said.

The German men's K4 of Tom Leibscher, Ronald Rauhe, Max Rendschmidt and Max Lemke had to dig deep to defend their title against an impressive Spanish combination before eventually finishing half a second clear.

'To be sure it would be six Olympics but every time is special; it's emotional, especially with these four guys,' Rauhe said 'and it's a special thing for me because I've not been there in a K4. We could feel this; today was not just a world championships. It was a fight for a place at the Olympics.'

China's Mengya Sun and Shixiao Xu took advantage of the absence of world champions Laurence Vincent Lapointe and Katie Vincent in the women's C2 500m to post a convincing win on Sunday.

The pair were able to withstand a challenge by home town favourites Kincso Takacs and Virag Balla.

'This is just the beginning for us because this is qualification for the Olympics,' Sun said.

'We have a very strong country and a very good group and a good leader and we get lots of support so we can concentrate on what we do.'

## ICF

**200m: K1W:** 1 L Carrington, NZ, 39.39. 2 M Walczykiewicz, Polska, 41.33.

3 E Jorgensen, Danmark, 41.34. 11 J Walker, GB.

**K1WL3:** 1 S Mirzaeva, Uzbekistan, 47.29. 2 L Sugar, GB, 47.32. 3 S Behrouzrad, Iran, 48.96. 5 H Gordon, GB, 49.85.

**K1WL2:** 1 C Henshaw, GB, 47.62. 2 E Wiggs, GB, 49.03. 3 S Seipel, Australia, 51.12.

**K1WL1:** 1 M Mazhula, Ukraina, 55.99. 2 E Mueller, Deutschland, 56.97.

3 K Wollermann, Chile, 58.03. 6 J Chippington, GB, 59.24.

**K1M:** 1 L Heath, GB, 34.86. 2 S Stefanovic, Srbija, 35.04. 3 C Garrote, España, 35.12.

**K1ML3:** 1 S Yemelianov, Ukraina, 40.03. 2 L Krylov, Rossija, 40.56.

3 C Ribeiro De Carvalho, Brasil, 40.70. 5 R Oliver, GB, 42.26. 9 J Young, GB, 43.66.

**K1ML2:** 1 C McGrath, Australia, 42.35. 2 F Mancarella, Italia, 42.80. 3 S Martlew, NZ, 43.51.

8 N Beighton, GB, 44.85. 10 D Phillipson, GB.

**K1ML1:** 1 P Kiss, Magyarország, 45.42. 2 E Farias, Italia, 46.17.

3 L Cardoso Da Silva, Brasil, 46.49. 6 I Marsden, GB, 48.07.

**C1W:** 1 N Harrison, USA, 49.30. 2 O Romasenko, Rossija, 49.74. 3 A Nazdrova, Belarus, 49.99.

11 K Reid, GB.

**V1WL3:** 1 C Henshaw, GB, 56.82. 2 L Volik, Rossija, 57.84. 3 N Lahutenko, Ukraina, 59.07.

**V1WL2:** 1 E Wiggs, GB, 56.10. 2 S Seipel, Australia, 57.74. 3 M Nikiforova, Rossija, 59.24.

**V1ML3:** 1 C McGrath, Australia, 47.42. 2 C Ribeiro De Carvalho, Brasil, 47.52.

3 S Wood, GB, 48.42. 9 M Tweedie, GB, 50.24.

**V1ML2:** 1 L Cardoso Da Silva, Brasil, 51.68. 2 N Mourao, Portugal, 52.82.

3 J Tokarz, Polska, 53.21. 10 S Clark, GB.

**K2M:** 1 Postrigai/Dyachenko, Rossija, 33.06. 2 Mazur/Grabowski, Polska, 33.10.

3 Balaska/Apagyi, Magyarország, 33.30. 10 Nafanaila/Thomson, GB.

**500m: K1W:** 1 L Carrington, NZ, 1:55.76. 2 V Khudzenka, Belarus, 1:57.39.

3 D Kozak, Magyarország, 1:58.01. 7 R Simon, GB, 2:01.43.

**K1M:** 1 T Liebscher, Deutschland, 1:35.04. 2 M Borykau, Belarus, 1:35.19.

3 M Spesivtsev, Rossija, 1:35.49. 14 D Johnson, GB.

**C1W:** 1 A Nazdrova, Belarus, 2:00.73. 2 K Kurach, Rossija, 2:01.64.

3 A Chetverikova, Ukraina, 2:03.83. 11 A Fitzhenry, GB.

**C2W:** 1 Sun/Xu, Zhongguo, 2:02.81. 2 Takacs/Balla, Magyarország, 2:04.49.

3 Klimava/Makarchanka, Belarus, 2:07.74. 11 Bracewell/Reid, GB.

**K4W:** 1 Magyarország, 1:32.69. 2 Belarus, 1:33.69. 3 Polska, 1:34.77. 13 GB.

**K4M:** 1 Deutschland, 1:19.26. 2 España, 1:19.77. 3 Slovensko, 1:20.96.

**1km: K1W:** 1 T Csipes, Magyarország, 4:07.26. 2 J Iskrzycka, Polska, 4:09.26.

3 L Broughton, GB, 4:10.44.

**K1M:** B Kopasz, Magyarország, 3:36.07. 2 J Dostal, Ceska, 3:37.31.

3 F Pimenta, Portugal, 3:37.63. 14 T Lusty, GB.

**5km: K1W:** 1 D Bodonyi, Magyarország, 22:03.23. 2 T Medert, Deutschland, 22:03.85.

3 M Litvinchuk, Belarus, 22:04.08. 6 L Broughton, GB, 22:23.33.

**K1M:** 1 A Yurenia, Belarus, 19:54.07. 2 M Hoff, Deutschland, 19:57.56.

3 F Pimenta, Portugal, 20:19.94.

**C1W:** 1 V Klimava, Belarus, 25:34.67. 2 M Maillard, Chile, 25:56.41.

3 Y Zhang, Zhongguo, 26:14.90. 13 A Palmer, GB, 28:31.64.