

of the season and there's been a bit of up and down training so it was great to get out there and race,' Sugar said.

'For me, even in my previous sports of athletics, I was always good at tapering and good at peaking. I thrive with racing so I've just got to try and build each day.'

Brazil looks set for another successful Paralympics with Fernando Rufino de Paulo taking gold in the men's VL2 and teammate Luis Cardo da Silva returning to the top of the podium in the men's KL1.

'I feel so happy to be back on the podium again; the last time I got a gold medal was 2019 and now I'm back with a gold,' da Silva said.

'I've been training a lot. I'm so happy to give my country back a medal.'

Chile's Katherine Wollerman has been knocking on the door for a win in the women's KL1 for several years and on Saturday finally broke through for an emotional win over Ukraine's multiple world champion Maryna Mazhula and German Paralympic champion Edina Mueller.

'I know Maryna and Edina will always be good so I have to keep working hard,' Wollerman said.

'I want to devote this win to my mother.'

Spain's Juan Valle had a valuable pre Games win in the men's KL3 while in the non Paralympic VL1 it was fellow Spaniard David Gonzalez who got the win.

New Zealand's Aimee Fisher inflicted a rare defeat on her teammate Lisa Carrington while Canada's Katie Vincent, Hungary's Balint Kopasz and Brazil's Isaquias Queiroz firmed as Paris Olympic favourites on the final day of the ICF Sprint World Cup in Szeged.

New Zealand's Aimee Fisher inflicted a rare defeat on her teammate Lisa Carrington while Canada's Katie Vincent, Hungary's Balint Kopasz and Brazil's Isaquias Queiroz firmed as Paris Olympic favourites on the final day.

Fisher, who walked from the New Zealand team in the leadup to the Tokyo Olympics because of an internal dispute, announced her return to the big stage with an incredible finishing burst to relegate Olympic and world champion Carrington to a silver medal.

Both paddlers went under the previous world best time.

'When I was lining up, I just wanted to be courageous and I wanted to paddle beautifully and light up my own lane and I think I did that. I didn't panic. I stayed calm. I could hear everyone cheering us on. I could hear my name being called. I felt like I could hear everyone back home and it was like there was this love pulling me to the finish line.'

'There were definitely some tears afterwards. It was a really special moment. It's been tough. I feel like I have walked through fire at times but it's transformed me as a person and as an athlete. It's been a good ride.'

Belgium's Hermien Peters took the bronze.

Balint Kopasz is still to be confirmed as one of Hungary's paddlers for the men's K1 1,000 in Paris but on Sunday the reigning Olympic champion put on a display for the selectors and the large Hungarian crowd.

Kopasz took over the lead before the halfway mark and never looked back. In a repeat of the Olympic podium, teammate Adam Varga was second and Portugal's Fernando Pimenta third.

'I'm happy because there were several big champions out there and I could compete with them,' Kopasz said.

'I'm in very good form; that's what's important for me and I've trained a lot in the past few weeks. I feel I am strong mentally and physically which is important for 1,000 metres but I would like to have better form in my next race. On June 6th it's a very important race for me; it will be the Olympic selection and if I can win that race then I will go to the Olympics Games.'

Brazil's Isaquias Queiroz made a big statement on the Saturday by winning the non Olympic C1 500 and then followed up with a powerful win in Sunday's C1 1,000. The defending Olympic champion said he was back to full fitness after a challenging 2023.

'Last year I saved my energy and relaxed but now I'm ready,' Queiroz said. 'I'm really happy where I'm at. I just need to keep focussed on the Olympic Games.'

Frenchman Adrien Bart took the silver and neutral competitor Zakhar Petrov the bronze.

The race for women's C1 200 has intensified following a fast finishing win for Katie Vincent.

Vincent took a C2 500 bronze at the sport's debut in Tokyo but is ready to take on the C1 challenge in Paris.

'That was definitely one of the best races that I've put together, something we've been working on for probably a couple of years now,' Vincent said.

'Going into the C1 we had little expectations, just to go in there and

see what we can do, so to come out with these performances is really positive.

'One of the biggest things I learned going into Tokyo was resilience and staying with things and facing things head on. Since Tokyo our team has faced adversities and personally I've had ups and downs so I'm just taking those with a grain of salt.'

Teammate Sophia Jensen took the silver with Cuba's defending world champion, Yarisleidis Cirilo Duboys, the bronze.

ICF

- 200m: K1WL3:** 1 L Sugar, GB, 45.97. 2 H Gordon, GB, 46.94. 3 N Barbosa, France, 47.15.
K1WL2: 1 C Henshaw, GB, 48.79. 2 K Varga, Magyarország, 50.89. 3 A Adler, Deutschland, 52.64.
K1WL1: 1 K Wollerman, Chile, 52.83. 2 M Mazhula, Ukraina, 53.13.
 3 E Mueller, Deutschland, 53.62. 6 J Chippington, GB, 56.48.
K1W: 1 M Yin, Zhongguo, 39.19. 2 D Putto, Polska, 40.01. 3 E Lewis, GB, 40.38.
K1ML3: 1 J Valle, España, 40.17. 2 D Littlehales, Australia, 40.27. 3 M Rodrigues, Brasil, 40.40.
 5 R Oliver, GB, 40.98. 6 J Young, GB, 41.07.
K1ML2: 1 C McGrath, Australia, 42.89. 2 D Phillipson, GB, 43.60.
 3 F Rufino de Paulo, Brasil, 43.64.
V1WL3: 1 C Henshaw, GB, 56.80. 2 H Gordon, GB, 56.91. 3 S Mamadalieva, Uzbekistan, 58.22.
V1WL2: 1 E Wiggs, GB, 58.69. 2 B Hennessey, Canada, 1:00.35. 3 S Seipel, Australia, 1:02.15.
 4 J Chippington, GB, 1:02.83.
C1W: 1 Y Trushkina, AIN, 45.97. 2 K Takacs, Magyarország, 46.26. 3 O Romsenko, AIN, 46.81.
 8 K Reid, GB, 47.45.
CTW: 1 K Vincent, Canada, 45.54. 2 S Jensen, Canada, 46.16. 3 Y Cirilo Duboys, Cuba, 46.21.
 14 K Reid, GB.
V1ML3: 1 V Yepifanov, Ukraina, 47.80. 2 P Cowan, NZ, 48.51. 3 C McGrath, Australia, 48.99.
 5 S Wood, GB, 49.73. 10 J Eyers, GB.
V1ML2: 1 F Rufino de Paulo, Brasil, 50.59. 2 I Tofalini, Brasil, 51.20. 3 S Haxton, USA, 52.25.
 10 E Clifton, GB.
500m: K1WE: 1 M Povkh, Ukraina, 1:50.78. 2 A Paloudova, Czechia, 1:50.84.
 3 A Osterman, Slovenija, 1:51.20. 6 D Kerr, GB, 1:52.46.
K1W: 1 A Fisher, NZ, 1:46.19. 2 L Carrington, NZ, 1:46.52. 3 H Peters, België, 1:48.98.
K2WE: 1 Konijn/Vorselman, Nederland, 1:39.49. 2 Chernogovskaya/Dolgova, AIN, 1:40.44.
 3 Pavlova/Kuklinovska, Ukraina, 1:41.92. 7 Kerr/Russell, GB, 1:42.73.
K2W: 1 Carrington/Hoskin, NZ, 1:38.61. 2 Jorgensen/Matthiesen, Danmark, 1:39.92.
 3 Stensils/Lagerstam, Sverige, 1:40.24. 12 Kerr/Russell, GB.
K2ME: 1 Stepun/Korsak, Polska, 1:27.57. 2 Kravets/Natynchuk, AIN, 1:27.79.
 3 Holpert/Dragosavljevic, Srbija, 1:28.44.
K2M: 1 Van der Westhuyzen/Green, Australia, 1:26.59. 2 Ribeiro/Baptista, Portugal, 1:27.09.
 3 Del Rio/Cooper, España, 1:27.11.
1km: K1ME: 1 A Yurenia, AIN, 3:30.30. 2 R Poulsen, Danmark, 3:30.97.
 3 B Zdelar, Srbija, 3:31.53.



Vladyslav Yepifanov.



Katherine Wollerman.



Aimee Fisher.



Isaquias Queiroz.

Paracanoe video

The ICF and Hit the Roof have been preparing four videos, available on the ICF website, to introduce paracanoeing. The first is an introduction and the others will explain how to get started, how to get comfortable and how the classifications work.