



Lisa Carrington.



Enriquez/Torres Madrigal.



Vincent-Lapointe and Harrison.

Slow start costs Heath title

Olympic Games

Lisa Carrington helped New Zealand to two gold medals, Cuba won its first ever canoe sprint title and Hungary became the first country to finish first and second in a race on an action packed day of racing at the Tokyo Olympics.

Carrington won her third consecutive women's K1 200 gold medal and continued an incredible unbeaten run in the event which stretches back to the year before the London Olympics.

It will be the final appearance of the women's K1 200 at the Olympics after three Games, meaning Carrington will be the event's only champion.

'There's no doubt I'm incredibly gutted that this is the last time this event will be at the Olympics,' Carrington said.

'It's given me so much and it's helped me in all my other events as well. It is special to be the only one but I'm also disappointed because I was hoping there would be more people that would have the opportunity.'

Carrington finished ahead of Spain's 39 year old Teresa Portela, who finally broke through to take her first Olympic medal at her sixth Olympic Games. Denmark's Emma Jorgensen, a silver medallist in the K1 500 in Rio, picked up the bronze.

Carrington teamed up with Caitlin Regal in the final race of the day to win the women's K2 500, holding off a fast finishing Polish boat with Hungary finishing third. It left Carrington with two medals from two events as she aimed to become the first to win four canoe sprint medals at a single Games.

'I trust her so much and I guess our whole paddling relationship is based on the trust of one another,' Regal said.

'We had a job to do and I 100 per cent trust that she is going to contribute to that as much as I hope she believes the same. It's a special moment to be able to sing the national anthem beside her.'

The silver medal for Poland's Karolina Naja and Anna Pulawska continued a remarkable run that has seen the country win a minor medal at each of the past six Olympics. For Naja it was a first silver after taking bronze in 2016 and 2012.

Danuta Kozak, a gold medallist for Hungary in the K2 500 in Rio, had to settle for bronze alongside new partner Dora Bodonyi. Kozak would now concentrate on winning a third consecutive K1 500 and on helping the women's K4 500 defend the gold it won in London and Rio.

The eagerly anticipated men's K1 1,000 turned into a Hungarian triumph with reigning world champion Balint Kopasz leading almost from start to finish to win his country's first gold medal in the race for more than 50 years.

The last time Hungary won the K1 1,000 was in 1968. On Tuesday they also became the first country to take gold and silver medals in any canoe sprint Olympic race with 21 year old Adam Varga racing home to finish second.

'It's a huge feeling that I could beat the best champions and Olympians in this race,' Kopasz said.

'It was a very hard and long race but I am in good form and this was the most important for me. I was mentally and physically perfect, I am in perfect shape and in the last 200 metres I was able to go with my maximum speed.'

Portugal's Fernando Pimenta finished third to take his country's first ever individual sprint medal.

Cuba added to the history on Tuesday by winning its first ever canoe sprint gold medal, courtesy of Fernando Enriquez and Serguey Torres Madrigal in the men's C2 1,000.

It was the first medal for 34 year old Madrigal at his fourth Olympic



appearance while 22 year old Enriquez was appearing at his second Games.

'I feel amazing because I have been working for this for so many years and this my last one, so, to get the gold medal finally, I can retire and be complete,' Madrigal said.

'Every year you learn something; you learn when you win and you learn when you fail so that's why I am here right now. I learned for a long time. I just want to enjoy my medal and maybe when I am home I will decide what to do.'

Lisa Carrington won a third gold medal, Nevin Harrison became USA's first ever canoe sprint gold medallist, Hungary's Sandor Totka won the last ever Olympic men's K1 200 gold and Australia snatched a surprise K2 gold medal on another action packed day of Games action.

Carrington's win in the women's K1 500 made her the most successful New Zealand Olympic competitor of all time with six medals, five of which were gold, and was also now just one of three to win three golds at a single Games.

She had a chance to add a fourth gold in the women's K4 500 on Saturday. No canoe sprinter had ever won four medals at a single Games. On Wednesday she beat Hungarian Tamara Csipes and Emma Jorgensen, the silver medallist from Rio in 2016.

Two time K1 500 Olympic champion Danuta Kozak finished fourth.

The promised showdown between teenager Nevin Harrison and six time world champion Laurence Vincent-Lapointe in the debut C1 200 lived up to its billing with the 19 year old American landing the gold medal and rewriting the record books on the way.

Not only was Harrison the first women's canoe Olympic champion, she was also the USA's first ever canoe sprint gold medallist, the first American medallist since 1992 and the first female medallist since 1964.

Ukraine's Liudmyla Luzan took the bronze.

Sandor Totka also wrote his name into the history books by winning the final Olympic men's K1 200, edging out Italy's Manfredi Rizza and defending Olympic champion Liam Heath.

It was Hungary's and Italy's first ever medals in the event, which joined the Olympic programme in London in 2012 but will not be raced in Paris in 2024.

The men's K2 1,000 was won by the young Australian duo of Tom Green and Jean van der Westhuyzen, who pushed hard early before holding on to defeat Germany's Max Hoff and Jacob Schopf.

It was Australia's first ever K2 1,000 gold while the final medal in a glittering career for Max Hoff. Josef Dostal and Radek Slouf took bronze, the first medals for the Czech Republic in the men's K2 1,000.

Lisa Carrington continued to rewrite canoe sprint history on Thursday, and she was not finished yet.

The 32 year old added the women's K1 500 to the K1 200 and the K2 500 gold medals she won on Tuesday, giving her a grand total of six Olympic medals and making her the most successful New Zealand Olympic competitor of all time.

Her three gold medals in Tokyo put her alongside fellow New Zealander Ian Ferguson and Danuta Kozak as the only canoe sprinters ever to climb to the top of the podium three times during a single Games and, with the K4 500 still to come, Carrington was less than two minutes away from becoming the first sprinter to win four medals at one Olympics.

The much anticipated showdown between Carrington and two time Olympic champion Kozak in the K1 500 was over by the halfway stage of the final with the New Zealander charging out to a big lead and with the Hungarian stuck in a chasing pack.

It was another Hungarian, Tamara Csipes, who tried valiantly to drag Carrington back to the field but as she remarked after the race 'Lisa is in