

We took this opportunity and it's much more relaxing for me to know that I have another opportunity to qualify for the Olympics besides the C1.'

Denmark's Emma Aastrand Jørgensen found herself back on the winner's podium after a powerful all the way victory in the women's K1 500.

The two time Olympian had taken a bronze in Szeged two weeks earlier and was leaving nothing to chance on Sunday.

'I felt really strong and it was a really good race. I've had a really good weekend,' Jørgensen said.

'It means a lot to me; it means that I'm there and I'm working hard and this early on in the season it's really nice to have some good feelings and to be making some nice results. Hopefully I can continue being at the top.'

Silver went to Sweden's Linnea Stensils and bronze to Croatia's Anamaria Govorcinovic.

Two weeks earlier Lithuania had snatched a surprise gold in the men's K4 500 in Szeged and on Sunday they surprised again with victory in the men's K2 500. Mindaugas Maldonis and Andrej Olijnik were too fast in the closing stages for Germany's Felix Frank and Martin Hiller while Australia's Jean Van Der Westhuyzen and Tom Green took bronze.

The women's K2 500 boiled down to a raceoff between two Polish crews. After a tight tussle for the first 450 metres, 24 year olds Martyna Klatt and Helena Wisniewska took control in the closing metres to edge out Olympians Karolina Naja and Anna Pulawska.

Denmark's Jørgensen and Frederikke Matthiesen took the bronze.

The host nation finished the three days of competition at the top of the medal table with six gold, four silver and two bronze. China, with three gold, four silver and two bronze finished second with Ukraine picking up three gold, three silver and five bronze.

A total of 19 countries won medals in Poznan.

ICF



Adam Collins (Canoe ICF) photographs

Durga or an octopus?

- 200m: K1M:** 1 R Akmens, Latvia, 36.79. 2 P Menning, Sverige, 36.93.
3 O Zaitsev, Ukraina, 37.37. 10 L Fletcher, GB.
- 500m: K1W:** 1 E Jørgensen, Danmark, 1:53.57. 2 L Stensils, Sverige, 1:55.38.
3 A Govorcinovic, Hrvatska, 1:55.87.
- K1M:** 1 J Dostal, Czechia, 1:41.55. 2 F Pimenta, Portugal, 1:41.87.
3 R Poulsen, Danmark, 1:42.75.
- K2M:** 1 Maldonis/Olunik, Lietuva, 1:32.83. 2 Frank/Hiller, Deutschland, 1:33.12.
3 Van Der Westhuyzen/Green, Australia, 1:33.34.
- 1km: K1M:** 1 A Varga, Magyarország, 3:42.94. 2 F Pimenta, Portugal, 3:44.56.
3 B Kopasz, Magyarország, 3:44.85. 18 J Russell, GB.
- 5km: K1M:** 1 M Pedersen, Danmark, 20:59.34. 2 F Pimenta, Portugal, 21:23.72.
3 J Vold, Norge, 21:31.67. 5 J Russell, GB, 21:39.51. 12 M Johnson, GB, 22:48.05.



Phillips/Jones, the only C2 500m entry.

Scots eye Heath's performances

Open & British National Seniors & Masters Championships

The Open & British National Seniors & Masters Championships at Holme Pierrepont was a much less fraught event than last year's MacGregor Paddle regatta. There were no paddleboards and although there were selection races for that week's world championships some of these were held over for a further day of racing on the Monday but not the Tuesday as well as had initially been announced. For most people,

however, racing was only at the weekend and did not involve long days running out of daylight. But for misbehaviour of the generator that powers the start buckets, the event would have to time throughout.

For those not able or willing to pay for parking by phone, the centre reception are to stop accepting payment, instead drivers needing to pay at the white water course, where the payment pillar is still not working. Some people may have been caught out by the boycott of the trade,



Olympic and scratch K4 crews over 500m.