

Sun retained their world titles on a day when 11 nations shared the 12 gold medals on offer.

Portugal's Fernando Pimenta reclaimed his K1 1,000 crown, Martin Fuksa won his first C1 world title after five silvers, while in paracanoe Tokyo Paralympic champions Charlotte Henshaw and Fernando Rufino won world titles. Another 25 Olympic quotas and 12 Paralympic quotas were also decided.

Carrington snared her 14th world title and her fourth in the women's K1 500 less than 24 hours after helping to steer New Zealand to its first K4 500 women's world crown.

'It's always tricky, especially given how important and special yesterday was,' Carrington said.

'I guess I've experienced many moments where I've had to shut down and start again so for me it was trying to go back to those basics and have a good sleep and try to start the morning as fresh as I can and feel the nerves and the excitement of the day.

'It's not easy. I've always got to work hard to turn up and show up so it was cool to be able to do that today.'

The minor placings were reversed from Tokyo with Denmark's Emma Jorgensen taking the silver and Tamara Csipes the bronze.

Xu and Sun have not been beaten in the women's C2 500 since taking gold in Tokyo but on Saturday they were pushed all the way to the finish by the Spanish crew of Antia Jacome and Maria Corbera and Sloan MacKenzie and Katie Vincent.

'This is an amazing competition but we were very calm out there; we became world champions again but tomorrow we must start again,' Xu said.

'We don't feel any pressure because the only thing we want to do is focus on ourselves. We want to stake our own path, believe in our team, believe in our partner.'

Fernando Pimenta entered the men's K1 1,000 final determined to prove to himself that he was still capable of winning a world title and achieved his goal in one of the hardest fought finals of the day.

Pimenta and pre race favourite Adam Varga were involved in an intense arm wrestle for almost the entire 1,000 metres before Pimenta took the upper hand with just 200 metres to go.

'This is like a dream after a hard season racing Adam. I needed to prove to myself that I could fight for the gold,' Pimenta said.

'I just wanted to stay focussed on my race. Sometimes the coach and the team leaders are looking at the weather or the size of the wind but I don't want to know. I like the surprise when I come to the regatta course.

'The most important thing at this competition is to take the Olympic quota and, if we can take it with a gold, fantastic.'

Martin Fuksa had wondered if he would ever become a C1 1,000 world champion after finishing second on five occasions. On Saturday he stared down the reigning world champion, Olympic champion and a two time Olympic champion to break through for the biggest win of his career.

'I went forward and nobody went with me so I feel pretty good that I am now a world champion,' Fuksa said.

'I've been a world champion at 500 metres but five times I have had the silver medal in C1 1,000 so I wanted to be the world champion so, finally, now I am looking forward to the future.'

Reigning world champion Catalin Chirila finished second while two time Olympic champion Sebastian Brendel brought a sold out Duisburg crowd to its feet by taking the bronze.

In paracanoe, reigning Paralympic and world champion Charlotte Henshaw won her fifth consecutive women's KL2 world crown, finishing ahead of Emma Wiggs and Katalin Varga.

'I'm really happy to get the job done, most importantly for that quota for next year but also personally to win another world title is something I wouldn't have imagined when I moved over from swimming,' Henshaw said.

'I just want to keep doing the best I can and keep pushing the sport forward. I'm very lucky to still be doing Paralympic sport and to be 36 and still winning gold medals. I feel really privileged to be able to do that.'

The race off between Brazil's Paralympic and world champion for the men's VL2 fell the way of Tokyo gold medallist Fernando Rufino, who finished ahead of Igor Tofalini, with Tokyo silver medallist Blake Haxton from the USA taking the bronze.

In non Olympic races Australia's Alyssa Bull defended her K1 1,000 gold and Spain's Pedro Llenin and Inigo Pena won the men's K2 1,000 while Spain also defended their gold medal in the men's C4 500.

Former K2 500 world champions Nicolae Craciun and Daniele Santini gave Italy gold in the men's C2 1,000, Chile's Maria Mailliard

won the women's C1 1,000 and, 24 hours after helping Lithuania claim a men's K4 Olympic quota, Artura Seja was celebrating becoming K1 200 world champion.

Five countries picked up quotas for Paris, Lisa Carrington won her 15th world title and Katie Vincent won three gold medals on the final day on Sunday.

There were three Olympic class events contested in canoe sprint with Portugal's Joao Ribeiro and Messias Baptista breaking through for an emotional world title in the men's K2 500.

Baptista said it was tough for both of them on and off the water in the lead up to Sunday's final.

'In all our competitions we were always close to a medal or to winning and today it all makes sense; we are the world champions, we are the best in the world, we have the quota for Paris and now it's time to race and hope for the best next year,' Baptista said.

'We can see now in the final from the first to the last there is just one second difference so there can be no mistakes.

'We both have our personal problems. Joao's daughter is at the hospital and I can say for him that this medal is for her and for her families.'

Hungary's defending world champions Bence Nadas and Balint Kopasz finished second and Spain's Adrian Del Rio and Rodrigo Germade took the bronze.

Denmark's Emma Jorgensen and Frederikke Matthiesen took the women's K2 500 crown after only coming together as a crew in February.

'It is crazy to say we have started from the bottom and now we are here; it's just amazing,' Jorgensen said.

'To think we only started working together in February, it's crazy thinking we are just working our way up and we have shown the world that we are here to win, we want to win and we showed the world today that we are the world champions.'

Martyna Klatt and Helena Wisniewska took the silver and Paulina Paszek and Jule Hake the bronze.

The most popular win of the day came from Germany's Peter Kretschmer and Tim Hecker, sending the home fans into raptures with victory in the men's C2 500. Kretschmer, who won C2 Olympic gold for Germany in London in 2012, said it was a special thrill to also earn a quota for Paris.

'I was in Duisburg in 2013 and we won the C4; that was amazing and this year it is totally different race, totally different experience; it's just awesome,' Kretschmer said.

'We both have this Olympic dream and we will focus on next year after tomorrow.'

Hao Liu and Bowen Ji took silver and Spain's Cayetano Garcia and Pablo Martinez the bronze.

In paracanoe racing Laura Sugar defended her KL3 crown and also earned a quota for next year's Paralympic Games.

'I had a tough start to the year with a couple of injuries,' Sugar said, 'but since Szeged it's all been clicking and I've been doing some fast times in Nottingham but you never know what the rest of the world is going to turn up and do.'

In a repeat of the results from Tokyo and last year's world championships, France's Nelia Barbosa took silver and Germany's Felicia Laberer the bronze.

Maryna Mazhula spoke earlier in the week how she was training in a city where bombs were regularly falling but on Sunday she put that behind her to win her fifth KL1 world title.

'Maybe this proves to me that I am young and strong,' Mazhula said.

'Every victory for Ukraine is important. I really like hearing the Ukrainian anthem; it is so special.'

Chile's Katherinne Wollermann finished second and Brianna Hennessy third.

Team mate Vladyslav Yepifanov took gold in a hotly contested men's VL3 final, overcoming reigning world champion Jack Eyers and Paralympic champion Curtis McGrath.

'This is my first time I became a world champion and it is a great feeling.

'I still don't understand that I have won this,' Yepifanov said.

'I'm fighting against these athletes all my life so it is a big big step to beat them finally. I'm so happy to have a Paris quota but there is still a lot of work to do.'

In non Olympic events Lisa Carrington continued an unbeaten run in the women's K1 200 that stretches back to 2011 while Katie Vincent picked up three gold, in the women's K1 500, alongside Connor Fitzpatrick in the mixed C2 500 and in the women's C1 5,000.

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