

there is a high expectation for us but we have learned to deal with this. We grew up with this.' Hungary and Germany dominated the women's K4 500 at both world championship and Olympic levels since the late 1970s but were upstaged by Belarus at the 2015 world titles but then they bounced back to take gold and silver in Rio. Meanwhile Carrington continued her busy programme with an impressive win in her heat of the K1 200, her time of 40.222 the quickest in the four preliminary races. In the men's K1 200, Hungary's Bence Horvath qualified fastest, ahead of Olympic gold medallist Liam Heath of Great Britain. Laurence Vincent Lapointe could not have been more impressive in her heat of the women's C1 200, her time more than two seconds faster than the next quickest competitor. It would be standing room only for the final of the men's K4 500 after the Czech team of Daniel Havel, Jan Sterba, Jakub Spicar and Radek Slouf qualified fastest ahead of the highly rated Germans. In the men's C2 1,000 it was Russia's Viktor Melantev and Vladislav Chebotar who qualified fastest for the final.

Great Britain were celebrating a golden double on day three with Paralympic gold medallist Emma Wiggs and team mate Jonathan Young taking the honours on Friday. The Brits also picked up silver and bronze medals in paracanoe finals while there was a gold medal for Italian Estaban Gabriel Farias in the men's KL1. Wiggs was a convincing winner of the KL2 women's title, her fourth world title since crossing to paracanoe after a career as a volleyballer, with team mate Nicola Paterson taking the silver medal and Russia's Nadezda Andreeva the bronze. 'To be honest, in a build year, to win it is more than I could have asked for,' Wiggs said. 'I'm really chuffed. I hope I've done a good time for my coach, Matt, who's been an absolute legend this year, and I wanted to nail a performance that would make him proud on the world stage. I can't believe it; what a year and brilliant to hold all the titles. For me personally, this one has felt the toughest; this has been a tough year off the back of the Paralympics.'

Young broke through for the biggest win of his career, taking gold in the VL3 men's final ahead of Brazil's Paralympic bronze medallist Caio Ribeiro De Carvalho with team mate Martin Tweedie finishing third. He said just missing qualification for the 2016 Paralympics had been a test of his resolve but 'The day after selections for the Rio Games was a pretty rough day, I guess I was pretty emotional for a couple of months after that,' he said, 'But I was invited to watch the Games as part of a Paralympic inspiration process. It inspired me to be the best paddler I could be, not necessarily a Paralympian but the best I can possibly be. I just love paddling; if I'm going to be a sprint paddler, Tokyo's the penultimate, isn't it?' Farias was celebrating KL1 gold after just one year of competing, his time of 47.116 just edging out Paralympic silver medallist Robert Suba with Luis Carlos Cardoso Da Silva of Brazil following up his gold medal from Wednesday with a bronze.

German powerhouses Sebastian Brendel and Tom Liebscher broke the hearts of a capacity Czech crowd by storming to victory in their C1 and K1 1,000 finals on Saturday. In both cases the Germans chased down Czech paddlers who had brought the crowd to their feet. Brendel snatched victory from Martin Fuksa while Liebscher flew home to tip out Portugal's Fernando Pimenta and local hope Josef Dostal. In other results, Volha Khudzenka upset Lisa Carrington in the K1 500 but then the twice Olympic gold medallist teamed up with Caitlyn Ryan to post an emphatic win in the women's K2 500. Laurence Vincent-Lapointe and Katie Vincent took gold in the C2 500 and Olympic and European silver medallists Marko Tomicevic and Milenko Zoric broke through to win the men's K2 1,000. In non Olympic events Hungary's Ramona Farkasdi and Erika Medveczky won the women's K2 1,000 and Spain's Marcus Walz, an Olympic gold medallist in the K1 1,000 last year, teamed up with Rodrigo Germade to win the K2 500. Belarus' Artsem Kozyr won the men's C1 200, Hungary's Mark Balaska and Balazs Birkas won the men's K2 200 and Russia's Viktor Melantev and Ivan Shtyl won the C2 500. For Brendel it was world title number six, his time of 3:50.503 edging out Fuksa's 3:51.303. 'After the Olympic season it's a very big year for me to win this race because I had a long break, so very good the season has ended for me with a world title,' Brendel said. 'After 250 metres I could see Martin had a very high pace so I tried to stay in touch with him and then I threw everything at him in the finish and it worked very good.'

Germany's Tom Liebscher surprised even himself by winning the men's K1 1,000, admitting after the race the event wasn't a main focus for him this year. 'Before the final I talked to my coach and he told me everyone in the race can win a medal,' Liebscher said. 'I knew I was strong in the finish and there were just two boats next to me. There are a lot of my friends here because my home town is only one hour away.'

Volha Khudzenka backed up her outstanding form from the heats and semi finals with a big win over New Zealand's Lisa Carrington in the K1 500. Carrington tasted success a short time later when she teamed up with Caitlin Ryan to win the K2 500. 'A few months ago I didn't really know I was going to do this event so I've only been training with Caitlin for a few months,' Carrington said. 'This is why we do all the training that we do and I've been preparing for this for a while so I just had to trust the process really.'

Laurence Vincent-Lapointe and Katie Vincent, paddling on the same side of the boat, took victory in the new Olympic event, the C2 500. 'We do have our own separate C1 thing that we do and that's what our strength is,' Vincent said. 'We do our best thing in C1 and we put it all together. Her strength is the start and mine is the finish so we help each other really well when it comes to the C2.'

After a string of 2nd places, Serbia's Marko Tomicevic and Milenko Zoric finally found their way to the top of the podium, winning the K2 1,000. 'This means a great deal for us because we have prepared a lot,' Tomicevic said. 'We were not fully satisfied after the Olympics; we have many silver and bronze but now we are world champions and with that much difference it's a lot for us.'

Rio Paralympic gold medallists Jeanette Chippington, Curtis McGrath and Serhii Yemelianov won gold medals on the final day of competition. For Jeanette Chippington it was her eleventh world title and for McGrath his sixth. Chippington, a veteran of six Paralympics, was pushed all the way to the finish by Russia's Alexandra Dupik in the KL1 final. 'That was a tough one,' Chippington said. 'Deep down I really wanted to get my world title back (after losing last year) so I had put a bit of pressure on myself. I kept telling myself to just go out there and treat it like a time trial. I train so hard and put so much effort into it so it's great to do so well.'

Australia's McGrath continued his rivalry with Austria's Markus Swoboda in the VL2, eventually finishing more than one second ahead. 'A lot of work goes into getting to these events and to get on top of the podium,' McGrath said. 'I didn't feel like it was my best race today but I managed to pull through and get the win so I'm pretty happy about that.'

Ukraine's Yemelianov said he didn't have the ideal preparation for the world championships. 'It's been a long preparation, a lot of hard work,' he said. 'For the last two weeks I haven't been able to do anything. I tried to do some other sports and it made my muscles very tired.'

There was no Olympic hangover for four Rio gold medallists as they won titles on the final day on Sunday. Liam Heath, Lisa Carrington, the Hungarian women's K4 500 and the German men's K4 crew all won in front of a capacity crowd and in perfect paddling conditions. In other Olympic events, Laurence Vincent-Lapointe won the women's C1 200, and Germany's Yul Oeltze and Peter Kretschmer won the men's C2



Local Martin Fuksa won the C1 500m.



Sebastian Brendel was the most successful competitor.