



The German K4 500m win.



The NZ women take the K4 500m.



Marta Walczykiewicz won the 200m.

CF photographs

have lost none of the speed which took them to the top of the podium in Racice. 'We worked pretty hard out there today,' Carrington said. 'We had a few nerves so we just wanted to put together a good performance and I think we managed to do that.'

'The K2 was where my first world championship gold medal came from so it's something I really enjoy,' Ryan said. 'It's a challenge; it's doing it as a team and I really enjoy that team aspect.'

The biggest question before every international C2 500 race is not whether Canada's Vincent and Vincent-Lapointe can win but if they can go even faster than ever before. On Saturday the answer was 'Yes,' with the duo posting a lightning 1:51.428, more than a full second faster than the previous world record time they set in Szeged only one week earlier. 'It felt really fast out there,' Vincent said. 'There was a great wind on the course; the course is really fast. We just really put it all out there today. We won't get to race the C2 again until the world championships so we wanted to leave nothing out there. I honestly love racing. I love coming to these events. I love racing for Canada especially so for me to wake up in the morning and know I get to race for Canada, it's enough for me to put it all out there.'

Sweden's Stensils broke through to win K1 200 in Belgrade last year and on Saturday convinced herself she is also a more than competent K1 500 paddler by winning in a blanket finish. 'This is my best result in the 500 so I am very happy,' Stensils said. 'I felt like I could win it but I wasn't really sure. I really think that I can be a 500 metre paddler but before I've mainly raced 200 because it was available but I love both. I really hope I can race both.'

The Hungarians, usually a world canoe sprint powerhouse, sent a small team to Duisburg but they reminded the paddling world of their depth with Apagyí and Csizmadia's gold in the K2 200. 'Our start was a little bit of a problem but after that we were able to go faster,' Csizmadia said. 'It was perfect conditions. We have only been paddling together for three days but this is the future.'

Slovakia's Gelle and Botek followed up their K2 1,000 silver medal from Friday with a hard fought K2 500 gold on Saturday. 'It's a really hard race, this 500; it's always close so we need to be really focused,' Gelle said. 'For us it was a hard day yesterday to do three really hard 1,000 metre races and then we needed to focus on this race. You have to be really focused for this race.'

The German and New Zealand K4 teams reasserted their authority and there were more golds for Russia, Canada, Poland and the Czech Republic on the final day of competition. The men's K4 500 will be a new event at the Tokyo Olympics and, after dominating the event last year, the German combination of Max Rendschmidt, Ronald Rauhe, Tom Liebscher and Max Lemke on Sunday once again showed they are the team to beat. 'It was our first race for the season so it hurts all the time,' Rauhe said. 'But actually we've had a lot of fun together in training and now in competition. I think we have grown up to be a pretty good team. It's just fun racing all the time.'

The New Zealand women's K4 team also dominated most of last season before finishing 3rd behind Hungary and Germany at the world championships. On Sunday Lisa Carrington, Caitlin Ryan and Aimee Fisher were joined by 22 year old Rebecca Cole and, despite some anxious moments, found themselves back on top of the podium. 'Poland had a fantastic charge through to the finish and they definitely pushed us through to the end,' Carrington said. 'It's so important for us to keep learning about our race in the K4. I think it is something we will be taking a lot from so it's so important to have a race like today where we are pushed all the way.'

Carrington also won with Aimee Fisher in the non Olympic K2 200. 'It was awesome. I think one of the coolest things about it was I just enjoyed it so much,' Fisher said. 'On the start line my heart rate was going pretty wild, which I just haven't felt for a long time now, so it's cool to feel like I'm back.'

There was double gold for the Czech Republic with Martin Fuksa

winning the C1 500 and, in the process, securing his third gold medal in a week. 'I am very happy; it's always amazing,' Fuksa said. 'As I have said a lot of times, I am always looking for more races. These guys are top athletes in the world so I always love racing with these guys.' Team mate Josef Dostál bounced back from a disappointing K1 1,000 on Saturday with a win in the K1 500, despite almost falling out of the boat with 80 metres to the finish line. 'Yesterday I made a big tactical mistake,' Dostál said. 'Today I wanted to beat the guys. I had a bad grip on my paddle and nearly fell in the water with 80 metres to go but I was so glad to beat them.'

Marta Walczykiewicz took a silver medal in the K1 200 at the Rio Olympics but had not won a race for four years before Sunday's triumph in Duisburg. 'I don't remember when I last won,' Walczykiewicz said. 'I'm stronger than last year so I'm back. Last year was very difficult for me because I had a problem with my arm but now I'm good. It just hurts a little bit.'

The Canadian dominance of the women's canoe events continued with Laurence Vincent-Lapointe celebrating her 26th birthday with gold in the C1 200. 'It felt pretty strong,' Vincent-Lapointe said. 'There was a headwind out there today so it's not as fast as I know I can do but it was still a good race. It never gets boring. It's such a good feeling to know what you can do and then to be able to recognize it.'

C2 partner Katie Vincent also got a chance to compete on her own and responded by winning the C1 500. 'It feels great; one of the strong points for us is that we are able to push each other in the C1,' Vincent said. 'The race felt good for me. I knew I had a strong second half so I wanted to use that to my advantage.'

The Russians enjoyed a strong day on the water, winning three gold medals, including two in less than one hour for Ivan Shtyl who won the C1 200 and then partnered Alexander Kovalenko to win the C2 100. Russia's third gold medal was won by Evgenii Lukantsov in the K1 200, a repeat of his performance from one week earlier. 'It's a very good result. In Szeged first, now in Duisburg, next maybe in Belgrade (European championships),' Lukantsov said.

ICF

200m: K1W: 1 M Walczykiewicz, Polska, 39.989. 2 L Stensils, Sverige, 40.301.

3 S Guyot, France, 40.450. 6 J Walker, GB, 40.918.

K1M: 1 E Lukantsov, Rossija, 35.424. 2 A Di Liberto, Italia, 35.555.

3 K Csizmadia, Magyarország, 35.780. 10 J Schofield, GB.

C1W: 1 L Vincent-Lapointe, Canada, 45.885. 2 K Kurach, Rossija, 47.929. 3 K Reid, GB, 48.616.

17 C Bracewell, GB.

500m: K1W: 1 L Stensils, Sverige, 1:48.285. 2 A Pulwska, Polska, 1:48.342.

3 S Guyot, France, 1:48.473. 11 R Simon, GB. 17 J Walker, GB.

K1M: 1 J Dostál, Česká, 1:38.717. 2 A Peters, Belgique, 1:39.405.

3 R Poulsen, Danmark, 1:39.928.

C1W: 1 K Vincent, Canada, 2:06.482. 2 K Kurach, Rossija, 2:07.488.

3 M Sun, Zhongguo, 2:09.370. 7 C Bracewell, GB, 2:16.996.

K2W: 1 Carrington/Ryan, NZ, 1:38.724. 2 Hostens/Guyot, France, 1:40.752.

3 Peters/Broekx, Belgique, 1:41.090. 15 Lewis/Kerr, GB.

K2M: 1 Gelle/Botek, Slovensko, 1:28.627. 2 Mateev/Poulin, Canada, 1:28.766.

3 Fitzsimmons/Wood, Australia, 1:28.854.

C2W: 1 Vincent-Lapointe/Vincent, Canada, 1:51.428. 2 Ma/Sun, Zongghuo, 1:54.509.

3 Jahn/Koch, Deutschland, 1:57.905.

K4W: 1 NZ, 1:31.652. 2 Polska, 1:31.992. 3 Rossija, 1:32.619. 7 GB, 1:36.225. 18 GB.

K4M: 1 Deutschland, 1:19.752. 2 Magyarország, 1:20.566. 3 Rossija, 1:21.176. 15 GB.

1km: K1W: 1 L Broughton, GB, 3:58.718. 2 K Johansson, Sverige, 4:00.149.

3 C McArthur, Australia, 4:02.739.

K1M: 1 M Rendschmidt, Deutschland, 3:26.559. 2 A Peters, Belgique, 3:27.179.

3 T Liebscher, Deutschland, 3:27.508. 5 T Lusty, GB, 3:28.547. 17 J Boyton, GB.

K2M: 1 Hoff/Gross, Deutschland, 3:11.974. 2 Gelle/Botek, Slovensko, 3:13.744.

3 Fitzsimmons/Wood, Australia, 3:14.557. 13 Lusty/Johnson, GB.

5km: K1W: 1 A Bull, Australia, 21:38.723. 2 L Stensils, Sverige, 21:40.083.

3 A Burnett, Australia, 22:03.714. 5 L Broughton, GB, 22:13.075.