



Balint Vekassy photographs

*The fastest performance of the world championships. You would not have wanted to have got in Liam Heath's way.*

1,000. There was also a popular win for Josef Dostál in the K1 500 and Martin Fuksa in the C1 500. Sebastian Brendel was the most successful athlete of the weekend, picking up gold medals in the C4 1,000 and the C1 5,000 to add to his C1 1,000 from Saturday. Heath, who was set to become a father the following month, withstood a strong challenge from Bence Horvath to win the K1 200 title. 'I felt the most pressure going into the first World Cup because you don't know what everyone else has been doing over the winter,' he said. 'As soon as you get that first race you get an idea how they're going and how you're going and I've always believed no one can put more pressure on you than yourself to do the things you want to do and you're in complete control of that so that's how I've dealt with it.'

Carrington's busy weekend of four events ended with two gold medals, the K1 200 victory continuing her unbeaten run at world championship and Olympic level since 2011 but she was not sure she'll be able to maintain that schedule in the future. 'I do really enjoy it. I love going out there and performing and the girls that I'm racing against inspire me to race as fast as I can,' Carrington said. 'It's really difficult; the programme doesn't really allow for it. I hope that in the future we can do more and there's more leniency around it and there's a lot of really amazing paddlers in New Zealand as well so we've got to give everyone a chance. I love doing every event and I'm lucky to have that chance only because I have such a great team behind me.'

The Hungarian K4 women's team returned to the top of the tree with a powerful win in their 500 metre final. New Zealand went into the race as favourites but the Hungarians paddled the perfect race to see off long time rivals Germany with New Zealand finishing with the bronze. Kristzina Fazekas-Zur, the only remaining member of the London and Rio gold medal winning crews, said 'I was expecting a very hard and close race but we made our plan well and stuck to that well. We always believe that this event is very strong for us so we really want to win all the time. Sometimes it doesn't happen but usually we manage to win.'

The men's K4 1,000 will be replaced by the K4 500 in Tokyo and the Germans, 1,000 gold medallists in Rio, have had no trouble transitioning to the shorter distance. They powered to victory in Racice ahead of Spain and the Czech Republic. 'It's a good starting point for us because we put the new boat together; it makes us look forward to the next three years together,' Max Lemke said. 'It gives us some confidence for the next three years.'

ICF

- 200m: K1W:** 1 L Carrington, NZ, 38.433. 2 E Jørgensen, Danmark, 38.996.  
3 S Ponomarenko Janic, Slovenija, 39.564. 15 J Walker, GB.
- K1WL2:** 1 E Wiggs, GB, 49.947. 2 N Paterson, GB, 51.919. 3 N Andreeva, Rossija, 52.514.
- K1WL1:** 1 J Chippington, GB, 57.382. 2 A Dupik, Rossija, 57.871. 3 K Wollerman, Chile, 58.665.
- K1M:** 1 L Heath, GB, 33.733. 2 B Horváth, Magyarország, 34.070.  
3 A Rumjancevs, Latvija, 34.439.
- K1ML3:** 1 S Yemelianov, Ukraina, 39.632. 2 C Ribeiro de Carvalho, Brasil, 39.821.  
3 J Young, GB, 40.104. 6 R Oliver, GB, 40.793.
- K1ML1:** 1 E Farias, Italia, 47.116. 2 R Suba, Magyarország, 47.438.  
3 L Cardoso Da Silva, Brasil, 48.016. 4 I Marsden, GB, 49.605.
- C1W:** 1 L Vincent-Lapointe, Canada, 45.136. 2 O Romasenko, Rossija, 46.136.  
3 K Takács, Magyarország, 47.178. 10 K Reid, GB.
- V1WL3:** 1 L Volik, Rossija, 59.341. 2 A Adler, Deutschland, 1:08.241. 3 L Thorpe, GB, 1:08.347.
- V1WL2:** 1 S Seipel, Australia, 1:02.897. 2 M Nikiforova, Rossija, 1:03.680.  
3 N Lahutenko, Ukraina, 1:03.808. 8 C Henshaw, GB, 1:16.158.
- V1ML3:** 1 J Young, GB, 48.769. 2 C Ribeiro de Carvalho, Brasil, 49.330.  
3 M Tweedie, GB, 50.958.
- K2W:** 1 Hagymási/Szabó, Magyarország, 37.445. 2 Cicali/Genzo, Italia, 37.508.  
3 Brown/Hannah, GB, 37.993.
- 500m: K1W:** 1 V Khudzenka, Belarus, 1:48.421. 2 L Carrington, NZ, 1:48.710.  
3 E Jørgensen, Danmark, 1:50.465. 13 R Simon, GB.
- K1M:** 1 J Dostál, Ceska, 1:36.520. 2 R Poulsen, Danmark, 1:38.267.  
3 O Kukharyk, Ukraina, 1:38.483. 12 T Lusty, GB.
- K2W:** 1 Carrington/Ryan, NZ, 1:38.687. 2 Weber/Dietze, Deutschland, 1:40.582.  
3 Ponomarenko Janic/Osterman, Slovenija, 1:40.804.
- C2W:** 1 Melantev/Shtyl, Rossija, 1:38.868. 2 Carp/Mihalachi, România, 1:39.979.  
3 Craciun/Craciun, Italia, 1:39.979. 14 Gill/Fitzhenry, GB.
- K4W:** 1 Magyarország, 1:29.784. 2 Deutschland, 1:30.084. 3 NZ, 1:30.215. 9 GB, 1:35.715.
- K4M:** 1 Deutschland, 1:17.734. 2 España, 1:18.371. 3 Ceska, 1:18.729.
- 1km: K1W:** 1 A Burnett, Australia, 3:55.971. 2 K Johansson, Sverige, 3:58.181.  
3 R Cawthorn, GB, 3:59.036.
- K1M:** 1 T Liebscher, Deutschland, 3:27.754. 2 F Pimenta, Portugal, 3:27.993.  
3 J Dostál, Ceska, 3:28.576.
- K2M:** 1 Tomicevic/Zoric, Srbija, 3:08.647. 2 Gelle/Botek, Slovensko, 3:10.725.  
3 Spicar/Havel, Ceska, 3:10.853.
- C2M:** 1 Oeltze/Kretschmer, Deutschland, 3:31.613.  
2 Torres Madrigal/Jorge Enriquez, Cuba, 3:31.955. 3 Melantev/Chebotar, Rossija, 3:33.123.
- 5km: K1W:** 1 D Bodonyi, Magyarország, 23:17.862. 2 T Medert, Deutschland, 23:19.214.  
3 L Belcher, GB, 23:28.236.
- K1M:** 1 F Pimenta, Portugal, 20:46.907. 2 M Hoff, Deutschland, 20:50.259.  
3 A Yuenia, Belarus, 21:00.828. 7 M Gregory, GB, 21:39.570.