

successful athlete at the world championships but there were several athletes picking up second gold medals on Sunday, including German U23 C2 500 pair Tim Hecker and Conrad-Robin Schneider. Jensen had the biggest workload of the week and did not disappoint. 'I knew we had medal potential for sure; we've trained really hard and I knew we could do anything if we just put our heads down,' Jensen said of her C2 win. 'I'm a little bit tired today so I'm glad this is the last one and I'm excited to be going home.'

Hungary's Tamara Takacs celebrated her birthday by storming home over the final 100 metres to snatch the U23 K1 500 gold, overrunning Aimee Fisher in the shadows of the finish line. 'It was a very hard race,' Takacs said. 'Aimee Fisher was very strong and very fast in the first 200 metres but I think I have the best supporters so my last 100 metres was very fast. I didn't look at anyone else. I just focussed on my lane and tried to do my best.'

The men's U23 K4 500 gold went to the Slovakian team of Samo Balaz, Milan Frana, Csaba Zalka and Adam Botek. In one of the closest finishes of the day, Slovakia pipped Russia by just 0.035 of a second. 'I thought we got 2nd but it was unbelievable that we won,' Zalka said. 'This has been an unbelievable feeling and we want to repeat it. We have two more years in U23.'

There was double gold for Hungary's Karina Biben, who teamed up with Olga Bako to win the women's junior K2 500. Bako said it was special to team up with Biben in the final. 'I'm really happy to have a partner like Karina; we are best friends on and off the water,' Bako said. 'We are always on the same wavelength. I hope we can paddle together with each other in the next years.'

Also landing a second gold was Hungary's Benedek Tibor Kos, adding the U23 K1 500 to the K1 1,000 he won on Friday. 'This day is so crazy,' he said. 'My favourite event is the 1,000 because the 500 is so fast. My start was bad and the end was so difficult.' Also picking up gold medals on the final day were the Czech Republic, Russia, Ukraine and Belarus.

ICF

200m: K1WJ: 1 A Gaszó, Magyarország, 40.548. 2 I Sauchuk, Belarus, 40.623.

3 I Bellan, Italia, 40.864. 11 E Dale, GB.

K1M: 1 B Grabowski, Polska, 35.260. 2 M Jedinák, Slovensko, 35.613.

3 T Maassen, Deutschland, 35.701.

K1MU23: 1 A Seja, Lietuva, 34.542. 2 S Stafanovic, Srbija, 34.582.

3 C Zalka, Slovensko, 34.909. 14 I James, GB.

C1WU23: 1 K Vincent, Canada, 45.593. 2 D Borowska, Polska, 45.630.

3 A Nazdrova, Belarus, 45.648. 12 A Fitzhenry, GB.

C2WJ: 1 Ruiz/Caupain, France, 46.115. 2 Bielicke/Wehrmann, Deutschland, 46.150.

3 Olarasu/Cociu, Moldova, 46.250.

C2WU23: 1 Klimava/Makarchanka, Belarus, 43.742. 2 Rakhmatova/Zakirova, Uzbekistan,

43.894. 3 Crossman-Serb/Macintosh, Canada, 45.461. 9 Bennett/Fitzhenry, GB, 48.110.

500M: K1WJ: 1 E Rendessy, Magyarország, 1:49.735. 2 I Sauchuk, Belarus, 1:51.375.

3 E Russell, GB, 1:51.814.

K1WU23: 1 T Takács, Magyarország, 1:48.228. 2 A Fisher, NZ, 1:49.080.

3 A Svita, Belarus, 1:49.456.

K2WJ: 14 Kneen/Clark, GB.

C2WJ: 1 Jensen/Lilley Osende, Canada, 1:58.306. 2 Li/Li, Zhongguo, 1:58.997.

3 Nagy/Molnár, Magyarország, 2:00.199.

C2WU23: 1 Klimava/Makarchanka, Belarus, 1:55.926. 2 Rakhmatova/Zakirova, Uzbekistan,

1:57.650. 3 Sczerbinska/Borowska, Polska, 1:58.146. 8 Bennett/Fitzhenry, GB, 2:05.441.

K4MJ: 1 Česká, 1:21.055. 2 Deutschland, 1:21.232. 3 Rossija, 1:22.363.

K4MU23: 1 Slovensko, 1:17.964. 2 Rossija, 1:17.999. 3 Ukraina, 1:18.901. 11 GB.

1km: K1WJ: 1 M Rei, Portugal, 4:15.603. 2 O Bakó, Magyarország, 4:16.903.

3 A Neumiarzhitskaya, Belarus, 4:17.146. 4 E Russell, GB, 4:17.691.

K1M: 1 B Kós, Magyarország, 3:56.901. 2 M Hiller, Deutschland, 3:58.593.

3 A Novak, Belarus, 4:00.383. 9 P Miles, GB.

K1MU23: 1 M Nathell, Sverige, 3:41.858. 2 S McTavish, Australia, 3:42.393.

3 J Vold, Norge, 3:43.016.

K2M: 1 Smolianik/Litvinau, Belarus, 3:30.856. 2 Kukacka/Vorel, Česká, 3:31.206.

3 Darne Palmada/García, España, 3:32.700. 13 Kereszturi/Shaw, GB.

K2MU23: 1 McKittrick/Green, Australia, 3:17.472. 2 Balz/Linka, Slovensko, 3:19.871.

3 Kurschat/Bachmann, Deutschland, 3:20.999. 12 Chmiel/Smith, GB.

K4WJ: 1 Magyarország, 1:36.497. 2 Deutschland, 1:38.497. 3 Rossija, 1:38.664.

Broughton's perfect race

World Championships

Russia's Larisa Volik successfully defended her VL3 paracanoe world title in a thrilling finish on the opening day of the world championships in Montemor-o-Velho, Portugal. Volik, who won her first world title in Racice last year and is also the reigning European champion, finished powerfully to overtake Ukraine's Nataliia Lahutenko and Great Britain's Charlotte Henshaw in the shadows of the finish line. Volik's time in the non Paralympic event was 1:06.262 with Lahutenko 0.135 second



The course at Montemor-o-Velho.



Larisa Volik, winner of women's V1 L3.



Charlotte Henshaw won women's K1 L2.

back and Henshaw, who led for most of the race, fading to finish 3rd in 1:06.407. It was compensation for Volik after she struggled in the Paralympic kayak class heats earlier in the day. 'I thought I got a very good start and that I was doing well but the other girls were very strong and then I realized I was not doing so good,' Volik said. 'I was very disappointed with my kayak race earlier today but I think I will do better next time. I spend more time on my kayak because it's Paralympic class.'

In Wednesday's only other final, Germany's Peter Happ defeated Chile's Robinson Mendez in the men's VL1. Happ and Mendez are both newcomers to paracanoe but the German said he is enjoying every minute. 'This is my first year with the national team so, to take 1st place in the VL1, I'm super happy and just glad to be here,' Happ said. 'I was not nervous before the race but, when I was at the start, yes, I could feel my stomach. I like it; this is the best sport I can do with my national team. It's the travelling around, competing with the other guys; it's a lot of fun.'

Two athletes who came to paracanoeing after successful careers in other Paralympic sports became world champions for the first time on