



*Helene Ripa, winner of women's K1 L3.*

Thursday. Great Britain's Charlotte Edwards took her world title less than two years after deciding to switch from a successful Paralympic swimming career to canoeing while Sweden's Helene Ripa triumphed after a career which included a Paralympic gold medal in crosscountry paraskiing. Only Italy's Estaban Farias was able to defend his world crown, winning the men's KL1 ahead of Paralympic silver medallist Robert Suba of Hungary. The 31 year old Edwards caused a boilover by beating team mate and current Paralympic, world and European champion Emma Wiggs in a tight finish to the KL2. In another upset Helene Ripa pipped reigning world champion Amanda Reynolds of Australia in the final of the women's KL3 to win her first world title. Henshaw came to paracanoe in December of 2016 after taking silver and bronze as a Paralympic swimmer. 'I've been waiting for this for a long time. I never managed to do it as a swimmer so this is pretty special,' Henshaw said. 'I really think there is something to being comfortable with the water and to understand and be confident with the movement through water and on water and I think that has helped me out. There's an incredible team back in the UK who have guided me through that transition from swimming to kayaking and it seems to be working.'

Ripa's para athlete career began in 1992 when she competed as a swimmer at the Barcelona Paralympics. She took gold and silver in paraskiing at the 2014 Sochi winter Olympics and then competed in

2016 in Rio in paracanoe. The 46 year old struggled to hold back tears after winning Thursday's world title. 'It means a lot to me because this is another step on the road to Tokyo and this medal shows that I am on the right track,' Ripa said. 'I changed sport about two years ago and I think I made the right choice. This is a real challenge for me and I still want to know how good I can get. The transition has been easier than I thought because you need a strong upper body for both but it's still hard and it's a very different kind of training.'

Estaban Farias led from start to finish to successfully defend his KL1 men's world title, holding out Suba in a time of 49.796 with Brazil's Luis Silva 3rd. 'This was the hardest race for me,' Farias said. 'The wind made it really difficult so I am very glad to have won again.'

Portugal's Fernando Pimenta showed he was feeling no pressure as hometown favourite by cruising to victory in the heats of the K1 1,000 on Thursday. Hungary's five time Olympic gold medallist, Danuta Kozák, also showed she had returned to racing in top form while Germany's Max Hoff and Marcus Gross, New Zealand's Lisa Carrington and Caitlin Ryan and Czech Martin Fuksa also impressed in perfect racing conditions. Canada's Laurence Vincent-Lapointe, already a raging favourite for Olympic gold in 2020, did nothing to dissuade her fans with a strong heat win in the C1 200 while three time Olympic gold medallist Sebastian Brendel kept his German fans happy with a solid C1 1,000 heat win. Pimenta had been the public face of the world



*Fernando Pimenta took the K1 1km title.*



*Emma Wiggs won women's V1 L2.*