

Kárász said it was special to race in the same boat as the reigning Olympic K2 champion. 'This is a really big thing for me,' she said. 'The K2 is working really well. I'm just very pleased and glad to have the opportunity to paddle with Danuta.'

Sebastian Brendel showed once again why he is the undisputed king of men's canoe racing with a powerful start to finish performance in the men's C1 1,000. It was his fourth consecutive C1 1,000 world title with Martin Fuksa second and Isaquias Dos Santos, who turned the tables on Brendel in the 500 one day earlier, finishing 3rd. 'This was a very big race for me today because Isaquias was very fast yesterday,' Brendel said. 'I always have pressure because everyone always wants to beat me and everyone is always expecting that I will win. It's not easy to do it every year; it takes a lot of high level presentation so I am happy to have been able to do it again this year.'

Laurence Vincent-Lapointe had to work harder than in any previous races to hold her C1 500 world title. Vincent-Lapointe finished ahead of Russia's Olesia Romasenko with Poland's Dorota Borowska 3rd. 'I feel the pressure but I try and do my best and work to get faster and faster every year,' Vincent-Lapointe said. 'There is no way you cannot feel the nerves before a race at worlds. I feel very stressed before but that's the game.' In non Olympic events Germany's 2016 K2 500 silver medallists Tina Dietze and Franziska Weber overcame a disrupted campaign to win the K2 200 while Hungary's Mark Balaska and Balazs Birkas won the men's K2 200. Russia took the men's C4 500 title and Germany won the final medal on offer for the day, the men's K4 1,000.

Four of the favourites for Olympic gold in Tokyo in 2020 enhanced their reputations on Sunday with strong gold medal performances. Lisa Carrington, Laurence Vincent-Lapointe and Katie Vincent and the Hungarian women's and German men's K4 500 teams all showed that even two years from Tokyo they will be tough to beat. Carrington once again set herself a punishing world championship schedule but was able to pick up gold in the K1 200, the event in which she has won the past two Olympic gold medals. 'It being such a big weekend and still being able to put that out there, it gives me quite a bit of confidence,' Carrington said. 'It's the race that put me on the map. I love doing it and I feel like I can still keep improving. [Doing four events] is incredibly challenging but it's good for me to be able to do it. At these times you just have to put as much pressure on yourself as possible.'

One of the close silver medals for New Zealand came in the women's K4 500 where five time Olympic gold medallist Danuta Kozák helped Anna Kárász, Erika Medveczky and Dora Bodonyi to a 0.010 win for Hungary. The Hungarians have dominated the women's K4 in recent years and are still working through their best possible combination for Tokyo. 'It was a very, very tough race today,' Kárász said. The New Zealand team is very strong; they have improved a lot in recent years so we just gave all that we could.'

Germany dominated the men's K4 team boat and added to the legend on Sunday by defeating Spain and Hungary to defend their 2017 world title. Max Rendschmidt, Tom Liebscher, Ronald Rauhe and Max Lemke finished 0.367 second ahead of the Spaniards. 'We lost the European final to the Spanish guys so we knew that today we had to do a little bit more,' Liebscher said. 'The secret of our K4 is that we are all individual guys and we can all race in individual events. At training we push as hard as we can against each other and then when we get into the K4 we work well together.'

There was no photo finish required for the women's C2 500 with Laurence Vincent-Lapointe and Katie Vincent adding another world title to their collection. The pair are also strong favourites to win when

the C2 500 makes its Olympic debut in 2020. 'We are both always surprised with what we can do and we know it's not the end so that's why we are surprised,' Vincent-Lapointe said. 'For either of us this is the first time we have done something like this so we are incredibly lucky. The canoe community around the world is unreal so to be part of this event is awesome enough,' Vincent said.

Carlos Garrote brought the big Spanish contingent in the crowd to their feet with a nail biting win in the men's K1 200. The Spaniard beat Lithuania's Arturas Seja by 0.107 with Russia's Evgenii Lukantsov finishing 3rd. 'My friends, my family, they are all here so I am very happy for my people,' Garrote said. 'I am very happy. I felt very strong and now I am the world champion.' In non Olympic events Belarus picked up two gold medals in canoe events with Alena Nazdrova and Kamila Bobr winning the women's C2 200 and Artsem Kozyr taking the men's C1 200. Brazil's successful world championships continued with Erlon Silva and Isaquias Dos Santos winning the men's C2 500 while Russia's Artem Kuzakhmetov and Vladislav Blintcov won the men's K2 500. Fernando Pimenta, 24 hours after sending Portuguese fans into raptures with a K1 1,000 gold, finished off the world championships with a gold in the K1 5,000. Laurence Vincent-Lapointe added a third 2018 world title when she led from start to finish in the gruelling women's C1 5,000, while Sebastian Brendel continued his dominance of the men's C1 5,000 by winning his fifth consecutive world title. Great Britain's Lizzie Broughton put together a perfect race to take the women's K1 5,000.

ICF

- 200m: K1W:** 1 L Carrington, NZ, 38.821. 2 E Jørgensen, Danmark, 40.548. 3 L Stensils, Sverige, 40.585. 5 J Walker, GB, 40.728.
K1WL3: 1 H Ripa, Sverige, 53.671. 2 A Reynolds, Australia, 53.881. 3 M Lulea, România, 54.826. 9 C Dixon, GB, 59.911.
K1WL2: 1 C Henshaw, GB, 52.627. 2 E Wiggs, GB, 53.402. 3 N Andreeva, Rossija, 56.412.
K1WL1: 1 M Mazhula, Ukraina, 55.665. 2 E De Paolis, Italia, 56.795. 3 J Chippington, GB, 57.050.
K1M: 1 C Garrote, España, 35.259. 2 A Seja, Lietuva, 35.366. 3 E Lukantsov, Rossija, 35.512.
K1ML3: 1 S Yemelianov, Ukraina, 39.031. 2 C Carvalho, Brasil, 39.761. 3 L Krylov, Rossija, 40.896. 4 R Oliver, GB, 40.987. 11 J Young, GB.
K1ML2: 1 C McGrath, Australia, 41.735. 2 S Martlew, NZ, 42.360. 3 M Syniuk, Ukraina, 43.230. 7 N Beighton, GB, 44.160. 12 D Phillipson, GB.
K1ML1: 1 E Farias, Italia, 49.796. 2 R Suba, Magyarország, 50.606. 3 L Silva, Brasil, 51.376. 6 I Marsden, GB, 53.896.
C1W: 1 L Vincent-Lapointe, Canada, 45.567. 2 O Romasenko, Rossija, 46.242. 3 D Borowska, Polska, 46.812. 16 K Reid, GB.
V1WL3: 1 L Volik, Rossija, 1:06.262. 2 N Lahutenko, Ukraina, 1:06.397. 3 C Henshaw, GB, 1:06.407.
V1WL2: 1 E Wiggs, GB, 57.766. 2 J Chippington, GB, 1:00.491. 3 M Nikiforova, Rossija, 1:00.546.
V1ML3: 1 C McGrath, Australia, 47.642. 2 C Carvalho, Brasil, 48.837. 3 J Evers, GB, 49.492. 4 D Phillipson, GB, 49.747.
K2M: 1 Balaska/Birkás, Magyarország, 31.873. 2 Cravio/To, España, 32.133. 3 Nebojsa/Marko, Srbija, 32.156.
500m: K1W: 1 D Kozák, Magyarország, 1:47.254. 2 L Carrington, NZ, 1:47.984. 3 V Khudzenka, Belarus, 1:48.724. 13 R Simon, GB.
K1M: 1 J Dostál, Česká, 1:37.905. 2 T Liebscher, Deutschland, 1:38.912. 3 B Nádas, Magyarország, 1:39.516.
C1W: 1 K Kurach, Rossija, 2:10.991. 2 A Nazdrova, Belarus, 2:11.631. 3 K Vincent, Canada, 2:12.148. 11 C Bracewell, GB.
K2W: 1 Kárász/Kozák, Magyarország, 1:43.065. 2 Carrington/Ryan, NZ, 1:43.088. 3 Fritz/Kriegerstein, Deutschland, 1:45.589.
C2W: 1 Vincent-Lapointe/Vincent, Canada, 1:56.395. 2 Balla/Takács, Magyarország, 1:58.632. 3 Makarchanka/Klimava, Belarus, 2:00.485. 12 Reid/Bracewell, GB.
K4W: 1 Magyarország, 1:33.761. 2 NZ, 1:33.771. 3 Polska, 1:34.568.
K4M: 1 Deutschland, 1:20.056. 2 España, 1:20.423. 3 Magyarország, 1:21.480. 13 GB.
1km: K1W: 1 D Bodonyi, Magyarország, 4:02.892. 2 L Broughton, GB, 4:03.927. 3 B Hartley, S Africa, 4:04.017.
K1M: 1 F Pimenta, Portugal, 3:27.666. 2 M Rendschmidt, Deutschland, 3:28.391. 3 J Dostál, Česká, 3:29.177. 10 T Lusty, GB.
K2M: 1 Hoff/Gross, Deutschland, 3:15.797. 2 Cubelos/Peña, España, 3:16.617. 3 Tomicevic/Zoric, Srbija, 3:17.407. 18 Lusty/Johnson, GB.
5km: K1W: 1 L Broughton, GB, 24:01.737. 2 M Litvinchuk, Belarus, 24:12.014. 3 J Egan, Ireland, 24:15.075.
K1M: 1 F Pimenta, Portugal, 21:42.723. 2 R Poulsen, Danmark, 21:43.723. 3 E Vold, Norge, 21:44.849. 20 Z Chmiel, GB, 23:52.018.
KW: 1 Magyarország, 217. 2 Polska, 198. 3 Deutschland, 170. 10 GB, 101.
KM: 1 España, 232. 2 Magyarország, 226. 3 Rossija, 182.
CW: 1 Canada, 143. 2 Belarus, 138. 3 Magyarország, 126. 14 GB, 48.
O/A: 1 Magyarország, 927. 2 Rossija, 874. 3 Deutschland, 761. 7 GB, 561.



The winning German K4 500m crew.