



Carrington/Hoskin.



Xu/Sun.



Liudmyla Luzan.



Aimee Fisher.

# Johnson second over 5km

## Poznan Regatta

China flexed its muscles and picked up three gold medals in Olympic class events on day two of the sprint World Cup in Poznan, Poland.

The New Zealand duo of Lisa Carrington and Alicia Hoskin made it two from two in the women's K2 500 while the German men's K4 won their 500 metre final but then split the crew in half to finish first and second in the K2 500.

The powerhouse Chinese women's C2 combination of Shixiao Xu and Mengya Sun continued their domination of the race which made its Olympic debut at Tokyo 2020.

The pair have not been beaten since the 2019 sprint world championships and again made short work of their opponents in Poland.

'It was a little bit different to the World Cup in Szeged but still we managed to win this race,' Xu said.

'We have to keep calm, keep our feet on the ground and prepare for the Olympics.

Ukraine's Liudmyla Luzan and Anastasiya Rybachok celebrated their return to top level racing this year with silver while Germany's Lisa Jahn and Hedi Kliemke took third.

China's Hao Liu and Bowen Ji broke through for a long overdue win in the men's C2.

'We have been training really great but didn't show our results in Szeged,' Liu said 'whereas this time we came to Poznan, we made some adjustments and I think the next step we are going to enhance what we have been doing over the next few weeks and be prepared for Paris.'

Poland picked up silver and bronze with Wiktor Glazunow and Arsen Sliwinski finishing second and Aleksander Kitewski and Oleksii Koliadych taking third.

China's third gold medal came in a very competitive women's K4 500.

Starting from the outside lane, the Chinese crew were involved in a tight tussle with the fast starting New Zealand team in the middle of the course.

In a blanket finish China edged out the team in black by just 0.12, with Poland's Olympic bronze medallist crew finishing third.

'We met strong opponents but we still made it,' Chinese crew member Mengdie Yin said.

'We are so excited to win this race and I would like to thank my team mates, my family and my country.'

Germany, who were surprise winners in Szeged two weeks earlier, finished fourth.

It was business as usual in the men's K4 500 with the reigning Olympic gold medallists, Germany, once again showing they were the crew to beat to win in Paris.

The German quartet led from start to finish and even had the luxury of easing up on the finish line to take gold ahead of China and Slovakia.

'Usually we struggle a little bit at the start of the season so this gives us confidence our training in the winter was right,' crew member Max Lemke said.

'We know what we did wrong in the past years so we hope we can continue to improve and be even better for the Olympics.'

The K4 then split into two K2s with Lemke and Jacob Schopf taking gold and Max Rendschmidt and Tom Liebscher-Lucz the silver. Poland's Jakub Stepun and Przemyslaw Korsak finished third.

Carrington would head to Paris this year looking to defend her Tokyo K2 500 gold, this time with a new partner.

Her pairing with Hoskin has proved successful with the pair winning both World Cups this month.

On Saturday the New Zealanders held off the impressive German combination of Lena Roehlings and Pauline Jagsch with Poland's Justyna Iskrzycka and Dominika Putto third.

Aimee Fisher rocketed into favouritism for gold at Paris after another



naïlbiting victory over reigning Olympic champion and New Zealand team mate Lisa Carrington.

The matchup between them was billed as the contest in Poznan, Poland and the race did not disappoint.

Liudmyla Luzan issued a timely reminder of her class in the women's C1, Portugal's Fernando Pimenta returned to the top of the men's K1 1,000 podium and Wiktor Glazunow gave the home crowd reason to cheer in the men's C1 1,000.

Fisher has spoken of how her road back to the Olympics has been unconventional, choosing to sit out the Tokyo Olympics. The now 29 year old reminded the world of her class when she won the K1 500 world title just months after Tokyo and now, in the space of two weeks, she twice beat her rival, the undisputed queen of the 500, Lisa Carrington. In Szeged she ran down the Olympic and world champion but on Sunday in Poznan she went toe to toe, eventually squeezing out a win by just 0.05 second.

'I was so nervous this morning,' Fisher said.

'I woke up and felt like I could not do this, it's too big, but I just went through the day one step at a time, through the warmup, through the semi final. That was a tight race. We were on the start for a very long time and I just had to be patient.

'I just really wanted to be courageous in the first 250. You saw in Szeged that I got quite far behind so for me today it was a real call to be bold and roll the dice a little and it hurt in the last 200. I could feel it was close. I could hear people shouting. Wow, what a contest.'

Fisher said she was enjoying the matchups against Carrington but knew the bar would be lifted to another level in Paris.

'We have raced so many times now that it comes down to centimetres so you have to just treat every stroke with respect because you know she is going to be right there,' Fisher said.

'For me it was that calm, peace and trusting and I just imagined my family and my people shouting for me at home, praying for me and covering me. Just try to surrender to that.

'It's good to come out here and get the win but you know what? When the Olympics come around it will be winner takes all. From now I need to reset as I have a lot of work to do and I am going to be working hard every single day.'

Carrington took the silver with Poland's Anna Pulawska more than three seconds back in third.

Pimenta is considered one of the greatest showmen in sprint paddling and on Sunday he turned on a performance which took him back to the top of the podium after finishing third in Szeged two weeks earlier.

The Hungarian duo of Balint Kopasz and Adam Varga were both missing on Sunday but Pimenta left nothing to chance by leading all the way in the K1 1,000.

'I am happy with the performance and feeling very good,' Pimenta said. 'Before the start, I am a little bit more nervous because over the last week and a half there have been hard training sessions. I think I made a good start and came with good power on the water so I try to improve my technique and I think I do a great show fighting with the German and Swedish until the end.'

Germany's Jakob Thordsen took the silver with Sweden's Martin Nathell the bronze.

Liudmyla Luzan served a timely reminder of her class with victory in the women's C1 200.

Luzan took bronze in the race's Olympic debut in Tokyo and has had a disrupted Games cycle because of the ongoing conflict in her home country but she showed she is back to top form with a hard fought win over hometown favourite Dorota Borowska with Wenjun Lin third. Luzan later picked up a bronze in the non Olympic C1 500.

The reigning Olympic and world champions were missing from the men's C1 1,000 final, which opened the door for Wiktor Glazunow to claim a World Cup victory.