

SCOTTISH ROWING

Annual Review

2021-2022



SCOTTISH
ROWING

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PRESIDENT'S REPORT



The year started well, with **sportscotland**'s acceptance of our Strategic plan ensuring funding for our activities over the next three years and validating our approach and our values. We welcomed the return of our outreach activities in Firhill and Ayr, our Junior Performance Development activities and an almost complete calendar of racing and events all thanks to the hard work of Scottish Rowing staff, clubs and volunteers across Scotland. At junior, senior and masters levels Scottish athletes produced outstanding performances at home and on the international stage, filling us with pride and hope for further success in this Olympic cycle. We saw the inaugural Home International Rowing Beach Sprints event hosted in partnership with The University of St Andrews and experienced the joy of our home team bringing home the first ever HIR Beach Sprints trophy. The year has also seen new staff members join our small team, greatly increasing our ability to deliver services to clubs and to the wider community. Most recently and, to the delight of many, we have welcomed the return of a fully functional rowing tank to the rowing centre after a long absence.

Sadly, the year also had its lows. In February the Russian attack on Ukraine affected us all, filling our news feeds with stories of atrocity but also of great courage. Closer to home we felt the loss of two well loved, talented and committed coaches, Glasgow Rowing Club's George Warnock in February and just a few months later, Ian Hunter of Inverness Rowing Club.

President's Report cont.

As the year progressed the impact of extreme weather events was seen with record breaking temperatures across much of Europe and very high winds causing problems at rowing events including our own Spring Regatta. The continued impact of Brexit and Covid was felt in increasing transport and equipment costs, and new obstacles for those competing in Europe. The recent death of Queen Elizabeth II affected most of us. Whatever our feelings on the monarchy might be, she was the only sovereign most of us have ever known and served the country with integrity for over seventy years.

Change like this is inevitable and, it seems, is increasing in pace and impacting our sport at local and national level. Economic and climate pressures continue and are now joined by ever higher levels of public scrutiny and greater expectation from members and funding bodies. In the wake of the Whyte Review into Gymnastics and the Scottish Cricket review, every level of our sport from the smallest club upwards, finds itself in the spotlight.

It is my firm belief, and those of my colleagues on the Board, that our Scottish Rowing Values, and the Behaviours agreed by Board and Staff as guidance for our new Strategy, will give us the resilience to get through these more turbulent waters. By using them as guides for our decision-making we can remain consistent in our aspirations and work together to make positive progress towards our vision of a welcoming and thriving rowing community.

Caroline Parker
President

CHIEF OPERATING OFFICER'S REPORT



This year has been one of recovery and “getting back to normal” after the disruption caused by the pandemic. The published race calendar went ahead - with only the weather to disrupt it - and it was fantastic to see clubs supporting events across Scotland, with some events experiencing record entries. As a consequence, Scottish Rowing membership numbers have started to bounce back and are nearing pre-COVID levels.

In April this year, we launched our new Strategic Plan, following extensive consultation across the sport. The new strategy has a focus on outreach and community activity and a real commitment to make the sport more accessible and inclusive. For those already active in rowing, there is an ambition to provide pathway opportunities for participants at different ages and stages of the sport – adding to the successful performance pathway activity which continues to expand and evolve. However, to be successful we need to do more to support the coaches and volunteers who deliver rowing in clubs and there are a series of initiatives planned for the coming year and beyond to move our coach education and development forward.

The Scottish Rowing Centre has a significantly more prominent place in our strategic plan than ever before. COVID confirmed what an asset it is for the sport - for community activity, supporting clubs and as a hub for our performance programme. Gillian Stewart has joined the Scottish Rowing staff team as programme manager for the centre and is tasked with continuing the excellent ground work done by Steve O’Connor to grow the activity at the centre.

Chief Operating Officer's Report cont.

Early in 2022 we restructured the staff team to align with our new strategic outcomes. We have filled all vacant posts, with Iain Rice taking on the role of Workforce Manager. We have also been fortunate in receiving funding from government schemes which has enabled us to improve some of the services we offer. However, to deliver the outcomes in our ambitious plan, we will need additional support to run events and activities and we will be looking to recruit and develop volunteers to help us make the step change in the amount of activity we provide.

As always, I would like to end my report with some thanks. First, to our funding partners **sportscotland** for their continued support and advice. Thanks also to the Scottish Rowing staff team for their hard work and commitment. The Scottish Rowing Directors are all volunteers who give generously of their time, support and expertise and willingly take on the responsibilities of governing the sport of behalf of the members. They are owed a huge debt of gratitude for their service. Finally the biggest thanks are due to all the volunteers across the sport who have worked so hard to make rowing happen this year.

Amanda Cobb

September 2022

PERFORMANCE REVIEW



GB Rowing Team back on top of the world

Following a disappointing Tokyo Olympic cycle, the GB Rowing Team bounced back under the leadership of new Director of Performance Louise Kingsley, with Scottish rowers playing their part as Great Britain topped the medal table at the 2022 World Rowing Championships in Racice, Czech Republic in late September.

Glasgow's Rowan McKellar became a world champion for the first time after taking gold in the women's four, her crew having dominated this event all season. There was also gold for Sholto Carnegie and the men's eight who, like the women's four, were unbeaten across the entire season.



Photo: British rowing

Harry Leask and the GB men's quad recovered from a disappointing start to the season to take silver at the world championships, matching his achievement from the Tokyo Olympics. Whilst Lucy Glover, representing Edinburgh University Boat Club, added a senior bronze medal in the women's quad to her previous junior and under 23 medals in the same boat class.

Performance Review cont.

There were other notable international performances at senior level through the season worthy of a mention. Maddie Arlett won gold medals in the lightweight women's double scull at both World Cup 1 in Belgrade and World Cup 3 in Lucerne. Fellow Edinburgh University Boat Club athlete Dale Flockhart made his GB senior team debut in 2022 after winning the GB trials back in April. Flockhart competed in the lightweight men's double scull at the European Championships (pictured below), winning the B final, before going on to race in the lightweight men's single scull at the World Championships where he finished in 11th place.



Performance Review cont.

GB Rowing Team Age Group Events

Scotland's rowers returned with four medals from the combined World Rowing Under 19 and Under 23 Championships in Varese, Italy, in late July.

Eight Scottish rowers had travelled out to these championships as part of the GB Rowing Team, including a record six athletes at under 19 level. The GB Rowing Team enjoyed a strong campaign with all crews featuring Scottish athletes progressing to A finals.

Starting the medal rush was former Aberdeen Schools Rowing Association (ASRA) athlete, Miles Beeson, now representing Molesey Boat Club and Yale University, who won a gold medal in the under 23 men's coxless four (below). This took Beeson's world medal count to three including back-to-back under 23 titles after he won gold in the men's eight in 2021.



Abigail Topp (ex. ASRA / URA and now representing Leander Club) won a silver medal in the GB women's eight on her under 23 team debut (2019 – 7th place in the GB junior women's pair).

Performance Review cont.

Isla Bathgate (George Heriot's School) and Isla Wilding (George Watson's College) teamed up as part of the under 19 women's eight, winning a historic silver medal as part of the fastest GB crew on record.

Great Britain under 19 women's coxless four (pictured below winning gold at the Munich International Junior Regatta in May) featured three Scottish rowers including Maisie Aspinall and Zoe Beeson from ASRA, as well as Amy Newton from George Heriot's School. Coached by Holly Reid, also from ASRA, the Great Britain crew had a solid race finishing in sixth place in one of the most competitive fields of the regatta.



Strathclyde Park Rowing Club's Josh Matthews, formerly of Stirling Rowing Club, had been competing as part of the Great Britain under 19 men's quad scull, coached by Tom Young, his coach from the British Rowing Start programme. In a race where just over eight seconds separated the entire field the GB crew came home in sixth position.

Performance Review cont.

At the Coupe de la Jeunesse in early August Scotland had three rowers competing as part of the GB Rowing Team, with all three athletes returning with medals after strong campaigns.

Freddy Foxwell (St Andrew Boat Club) was in the bow seat of the junior men's coxless four which won gold medals on both the Saturday and Sunday.

Sarah Happs (George Heriot's School) and Morven Thomson (Glasgow Academy) raced in the junior women's eight, also returning gold medals on both days, whilst Morven also doubled up in the junior women's coxed four winning silver on Saturday and gold on Sunday.

At the European Rowing Under 23 Championships in September there were bronze medals for both Glasgow University Boat Club's Maia Hely in the Great Britain women's four and Edinburgh University Boat Club's James Doran in the equivalent men's event.

Meanwhile there was a 5th place finish for Heather Taylor in the women's quad and her Strathclyde Park Rowing Club teammate Cameron Kemp recorded an 8th place finish in the men's quad which had been coached by GB Start coach Tom Young.

Performance Review cont.

Scottish Rowing Performance Programme

The Scottish Rowing Performance Programme continues to support the leading home-based rowers, with 11 athletes from across Scotland benefitting through the season. The programme provides individualised athlete support and is delivered with the backing of the **sportscotland** institute of sport.

The 2021/22 season also saw the launch of the Scottish Rowing Junior Academy programme with 16 athletes and 3 coxes making up the first cohort. The Academy programme was developed to help talented junior (J16 – J18) rowers and coxes to reach their potential, equipping them with the tools to achieve success in rowing both nationally and internationally.

Led by Coaching Futures coach Kim Murray, the Junior Academy programme was a huge success in its first year – built on three key pillars of physical preparation, crew boat skills and performance behaviours – and helped to support a best-ever level of GB representation at Under 19 level.

Additional junior development opportunities were delivered through the season including the well-established J16 land training camp in Largs in December, the Scottish Argonauts eights projects to the Women's Head of the River Race and the Head of the River Race in March and the Henley Women's Regatta club project in June.

Performance Review cont.

Scottish Rowing also provided travelling support and financial assistance to junior, under 23 and senior athletes attending GB Rowing Team trials through the season, with the generous backing of our partners including **sportscotland** and Winning Students.



Performance Review cont.

Once again we are looking back on an extremely successful year for our performance pathway athletes and this wouldn't be possible without the hard work and endeavours of many people.

I would like to acknowledge the talented coaches working within our club programmes who produce high levels of challenge and support on a daily basis to help others fulfil their potential. Iain Docwra stepped down from his coaching role at Glasgow University this summer after 7 years to take a new role in England and I'd like to thank him for the positive contribution that he has made during this period.

I'd also like to thank all those who have supported our performance programme activities through the year including our staff and volunteers, lead practitioners from the **sport**scotland institute of sport and other partners and guests.

Finally, I'd like to show my appreciation to our partners who invest in our rowing programmes and make everything possible – this includes **sport**scotland, Winning Students, SportsAid Scotland, British Rowing, the University of Edinburgh, the University of Glasgow, the University of Aberdeen, Robert Gordon University and the University of St Andrews.

Lee Boucher

lee.boucher@scottish-rowing.org.uk

SCOTLAND ROWING TEAM

Home International Rowing Regatta

Scotland Rowing Team crews won four events at the 2022 Home International Rowing (HIR) Regatta hosted by England Rowing at the London Regatta Centre, London Docklands, on Saturday 23 July.

The junior women's double scull of Izzy Clements (Edinburgh University Boat Club) and Heather Taylor (Strathclyde Park Rowing Club) led the way with a comfortable win over second-placed England by 17 seconds.

The second Scottish win of the day came from the junior men's coxless four of Campbell Wheeler (George Watson's College Boat Club), Andrew Wright (St Andrew Boat Club), Ethan MacLachlan (George Heriot's School Rowing Club) and Lachlan Uttley (George Watson's College Boat Club). The Scottish crew took an early lead over Ireland and built on this to take the win by clear water.



Scotland Rowing Team cont.

It was then the turn of St Andrew Boat Club's Ben Nussey and Hector Patton, racing in the junior men's coxless pair, to turn on the style and bring home Scotland's third gold medal of the day, coming across the line 8 seconds ahead of England.

In the afternoon session the athletes moved into quads and eights. The senior women's quad of Perri McCluskey (Strathclyde Park Rowing Club), Lily Young (Edinburgh University Boat Club), Laura McKenzie (Glasgow University Boat Club) and Anna Buchanan (Edinburgh University Boat Club) added Scotland's final gold medal of the day.



The HIR Regatta saw many intense battles involving the crews from Scotland, England, Ireland and Wales and Scottish crews fought bravely to record a number of impressive second and third places in tight finishes across the day. For the first time crews at the HIR Regatta also raced over 500 metres which provided for exciting and action-packed racing with spectators able to see the full course.

England, the hosts, won a clean sweep of the team events with Scotland finishing in second place in the junior women's trophy, third place in the junior men's trophy and the senior women's trophy and fourth in the senior men's trophy.

Scotland Rowing Team cont.

Home International Rowing Beach Sprints

The Scotland Rowing Team lifted the much-coveted team trophy at the first Home International Rowing Beach Sprints event, hosted by Scottish Rowing and the University of St Andrews.

The dynamic new race format, involving a combination of sprinting and agility on both the land and water, made its debut on Saturday 20 August as part of the Home International Rowing (HIR) portfolio of events that has been celebrating its 60th anniversary in 2022.



Scotland took the first title of the day in the Coastal Mixed Double Scull (CMix2x) as former world champion lightweight rower Sam Scrimgeour (Glasgow University Boat Club) and Aberdeen Boat Club's Catriona Bain teamed up and recorded a five-second victory over Ireland.

Scotland Rowing Team cont.

The late afternoon session brought the semi-finals and finals of the solo races with much anticipation due to the competitive field. Scotland's captain Gregor Hall (Stirling Rowing Club) dominated the Coastal Open Solo (CO1x) taking the 'A final' victory over British champion Jerry Owen from Wales.

University of St Andrews Vice-Principal, Professor Monique Mackenzie, presented the new HIR Beach Sprints trophy – produced by designer Rhian Browning from recycled sterling silver, driftwood and sea glass collected from the four competing nations – to Scotland Rowing Team Manager Graeme Cunningham after Scotland edged England by 18 points to 16. Ireland finished third on 15 points with Wales on 11 points.



The inaugural Beach Sprints Organising Committee was led by University of St Andrews Director of Rowing Alan Sinclair, supported by students from the University Boat Club, members of University staff and colleagues from Scottish Rowing, with the help of volunteers from across the rowing community.



COMPETITION & EVENTS

The Scottish Rowing Schools League made a welcome return this past year. Despite the challenges presented by COVID-19 to extracurricular PE activity, we were delighted that 978 competitors took part in the league, with 263 completing all 3 rounds from 9 schools across Scotland. The overall winners were George Watsons College, well done to them!

Unfortunately, we were unable to run an in person indoor rowing event for Schools, however we built on the success of last year by working with our colleagues at Welsh Rowing to run the Scottish and Welsh Virtual Indoor Championships. 368 individuals and 30 teams entered the event from Scotland, Wales, Northern Ireland, England, Ireland, Slovakia, Hungary, The Netherlands, Germany, Italy, France, Denmark, Norway, USA, and Australia from ages 14 to 92!

This year also saw the welcome return of the first full on-water racing calendar since 2019, which is such an important part of the rowing experience for rowers, coaches, and clubs. Our Scottish Rowing Regatta Organising Committee (SRROC) ran the Scottish Rowing Spring Regatta and Scottish Championships.



Competition & Events cont.

As a consequence of feedback after these events, we are undertaking a full review of the Scottish Rowing Spring Regatta and Scottish Championships. Input has been provided from the SRROC (Jen Thomson and Lindsey Vyse), umpires (Neil MacFarlane), Competition Strategy Group (Fiona Rennie), North Lanarkshire Council, club representatives and an anonymous survey with 195 responders (180 rowers and 15 coaches).

The aim is to complete the review in good time to allow any proposed changes to be communicated to coaches and incorporated into club planning.

In addition to the Scottish Rowing events, clubs also ran the following events – Glasgow RC Summer Regatta, Nithsdale ARC Regatta, Castle Semple RC Regatta, Aberdeen Sprint Regatta, Inverness RC Fours and Small Boats Head, Inverness Rowing Club Winter Head, Clyde ARC Power Sprints, Clyde 3 Heads, North East Regatta, University of Saint Andrews Beach Sprints, Aberdeen Fours and Small Boats HOR, Bob Neill Scottish Schools HOR. Our thanks go out to all the volunteers of the SRROC and the event teams within clubs for running such a full calendar of activity this year.



PEOPLE & PATHWAYS

Four coaching Courses were run over the last year, with a total of 35 new coaches gaining qualifications in rowing coaching:

- Two Session Coach courses with 16 coaches
- Two Club Coach courses with 19 coaches

A Disability Inclusion Workshop was run in coordination with Scottish Disability Sport which was attended by 20 members from 16 clubs across Scotland, including junior, open and university clubs.

Six coaches from across Scotland were nominated and selected to join prestigious UK Coaching development programmes. Kimberley Murray (Scottish Rowing) and Tom Young (British Rowing/Strathclyde Park RC World Class Start) were selected for Horizon programme, Mike Hughes (Edinburgh University BC), Iain Somerside (The Glasgow Academy RC) and Lindsay Flockhart (St Andrew BC) were selected for the Focus programme and Holly Reid (Aberdeen Schools RA) for Elevate.



Finally, the Scottish Rowing Coaching Framework, Scottish Rowing's new Coach Development programme, was piloted and launched via the Scottish Rowing Junior Academy. This resource is now available on our online learning programme Brightspace. Coaches wishing to access this resource can contact iain.rice@scottish-rowing.org.uk.

INCLUSION & OUTREACH

Scottish Rowing has been working on a number of projects to take rowing into the community with the aim of making rowing more inclusive and accessible. Some, like the Firhill Community project are well established while others are at the very early stages of development.

Firhill Youth Project

This project located in Maryhill, Glasgow continues to develop and in August of this Year the Firhill Youth Project became a registered Scottish Charitable Incorporated Organisation (SCIO) with an independent Board of Trustees to oversee the governance and operation of the project.



Amiee Williams who has been key to getting this project to this stage has moved on to a new position within the Duke of Edinburgh's Award Scheme. Amiee will continue to be involved in the project as a Trustee.

Inclusion & Outreach cont.

We wish her the very best of luck in her new position and would like to thank her for her tireless effort in the Firhill Youth Project. We now welcome Cara O'Donnell who has taken on the role of Project Co-ordinator and Giacomo Galano who has taken on the role of Lead Activity Coach.

From January to August, 2022, the project delivered activity to 193 local young people (77 female and 116 male) engaged in rowing activities. 33 of these young people are involved in regular activities offered by the project.



River Ayr Community Outreach Project

2022 has been spent developing partnerships in South Ayrshire to establish a community outreach rowing programme on the river Ayr.

Prior to the COVID pandemic Scottish Rowing, in partnership with South Ayrshire Council (Outdoor Learning), The Outdoor Partnership and University West of Scotland, ran a series of taster sessions to test the feasibility of establishing a rowing programme on the river Ayr and to gauge the level of interest within the local young population.

Inclusion & Outreach cont.

Following the successful taster sessions more work was put in to develop further partnerships to start delivering regular activity. The partnerships now established are: Outdoor Partnership, South Ayrshire Council Outdoor Learning, Prince's Trust, University West of Scotland, Ayrshire College, South Ayrshire Children's Health and Justice Services and Ayr North Lochside Youth Group.

Working with these partners we have delivered 22 regular individual sessions to 90 individual young people from North Ayr over the summer of 2022.

Other Opportunities

We are exploring and developing new community partnerships on the Clyde, the River Irvine and on the Forth and Clyde canal near Westerhailes in Edinburgh.



Club Support

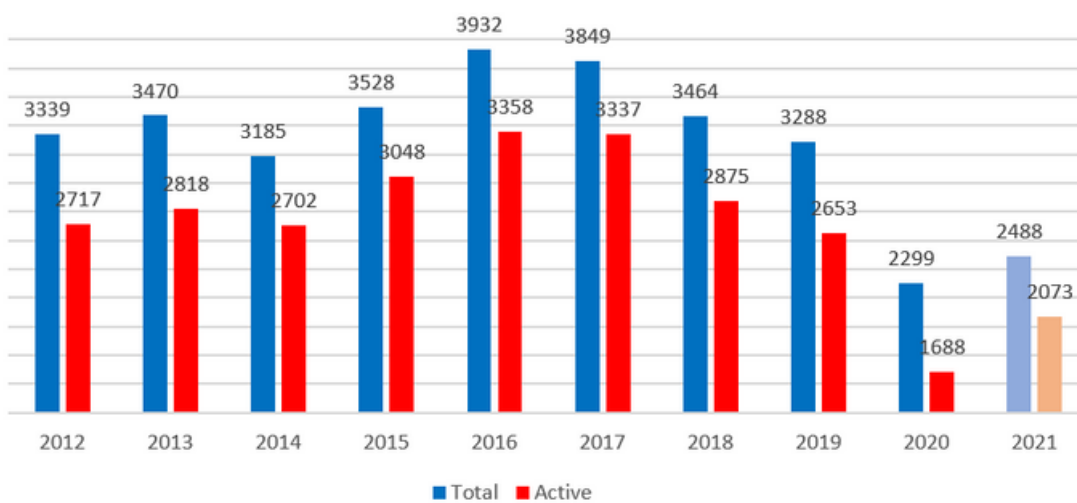
We continue to provide club development support and advice and have worked with a number of clubs during the year on governance, partnership and funding applications for community activity. Clubs who are in need of advice or support should contact our National Development Manager, Mark Senter.

mark.senter@scottish-rowing.org.uk

MEMBERSHIP

The chart below shows the trend in reported membership over the last ten years. This is the combined membership reported through the club annual returns and also includes indoor rowing activity.

Membership Numbers 2012-2021



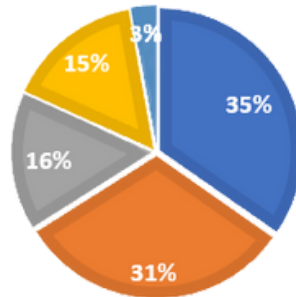
The impact of COVID continued in to 2021-22 with the season only starting to return to normal over the winter. Total active membership was up 22.8% with active club membership up 19.7%, the difference being the schools indoor league.

The membership information was collected in October when there was still some hesitancy from schools and universities to return to normal levels of activity. As a consequence, Junior club membership has been slower to recover, with an increase of 18.8% compared to Senior club membership growth of 20.1%.

Membership cont.

MEMBERSHIP DETAIL

■ Snr M ■ Snr W ■ Jnr M ■ Jnr W ■ PNS

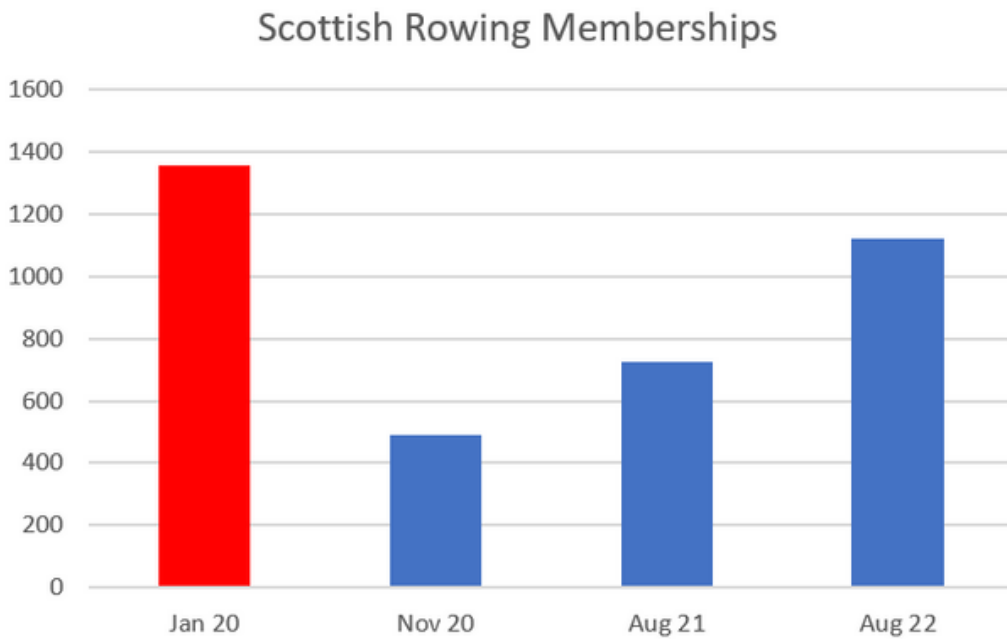


A breakdown of other activity, including Scottish Rowing delivered activity is set out in the table below. As the restrictions eased, clubs focused primarily on recruiting and retaining core membership. This is reflected in the level of other participation activity between October 2020 and September 2021, which was lower than the similar period in the prior year. Sport operated under some level of restriction for much of that time and school and community activity continued to be difficult well into the autumn of 2021.

Participation Activity (Clubs)	2020	2021
Learn to Row	213	468
Come and Try	320	234
Corporate Regatta or event participation	180	400
Schools or community participant (indoor)	314	30
Schools or community participant (on water)	229	59
Other participation	218	0
Total Activity (Clubs)	1474	1191
Participation Activity (Scottish Rowing)		
Schools League Participants	950	836
Firhill Youth Project	24	143
North Lanarkshire ASN Schools	48	0
Total other Activity Scottish Rowing	1022	979
Total Sport	2496	2170

Membership cont.

Scottish Rowing individual membership numbers are steadily recovering as shown in the chart below, which tracks the profile of individual memberships at regular points since January 2020 (pre COVID).



FINANCE REVIEW

In the financial year ended 31 March 2022, Scottish Rowing generated a surplus of £32,895 (2020-21: £25,484) which included a £16k profit on the disposal of equipment.

Income generated was £627.2k (2020-21: £498k), a significant increase which reflected the increased level of activity compared to the previous year and exceeded pre-COVID levels. Scottish Rowing received £403.8k (2020-21: £403.8k) of core funding from **sportscotland** of which £273.8k is specifically for staff posts.

Other grant income was received from North Lanarkshire Council (under the COVID support scheme), **sportscotland** (in the form of non-core funding) and the Department for Work and Pensions for an apprenticeship scheme.

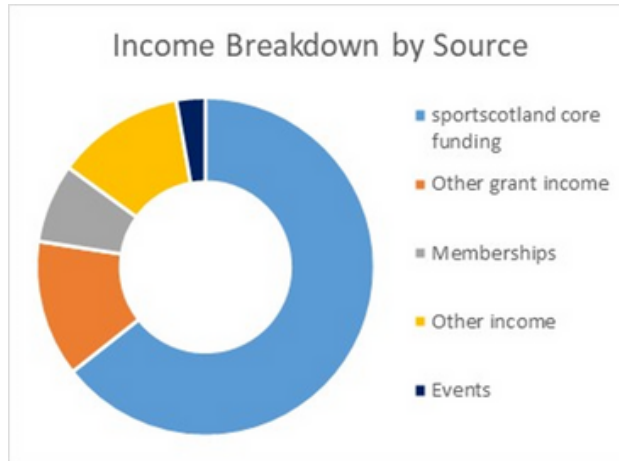
Membership income, which is made up of club affiliation fees and individual memberships, represented 7.6% of Scottish Rowing's 2021-22 income. This compared with 5.1% in the previous year - reflecting a welcome increase in membership fees as competition restarted post COVID .

Scottish Rowing ran two heavily modified and restricted events in April and June 2021 but these were not back to pre-COVID levels. The event income generated is offset by the costs of running the events.

Finance Review cont.

Overall, costs were broadly in line with expectations with the overall increase in costs year on year, reflecting the increased level of activity.

£000	Mar-21	Mar-22
Income		
sportscotland core funding	404	404
Other grant income	59	82
Memberships	25	47
Other income	6	77
Events	5	17
TOTAL INCOME	498	627
Expenditure		
Performance	145	219
Governance & Member Services	178	215
Sport Development & Pathways	151	161
	-	-
TOTAL EXPENDITURE	473	594



SCOTTISH ROWING AWARDS 2021-2022

The deserving recipients of the 2021 Scottish Rowing Awards are listed below. Well done to all winners, commendations and nominations for such fantastic efforts despite the challenges faced in 2021:

Club of the Year – University of St Andrews Boat Club

Volunteer of the Year – Dave Rothwell (Inverness RC)

Commendation for Iain Thayne (Strathclyde Park RC),
Lindsay Flockhart (St Andrew BC)

Young Volunteer of the Year – Katie Kerr (Firhill Youth Project and Community Sports Hub)

Commendation for Ailsa Martin (University of St Andrews BC),
Christopher Parsonage (Strathclyde University BC)

Club Coach of the Year – Alasdair Iredale (Dundee University BC)

Commendation for Ronan Welch (Clydesdale ARC)

Performance Coach of the Year – Mike Hughes (Edinburgh University BC)

Commendation for Holly Reid (Aberdeen Schools RC)



Scottish Rowing Awards 2021-2022 cont.

Initiative of the Year – Wellbeing Initiative (Dundee University BC)

Junior of the Year – Kendall Armitt (The Glasgow Academy RC)

Commendation for Maisie Aspinall (Aberdeen Schools RA)
and Zoe Beeson (Aberdeen Schools RA)

Senior of the Year – Harry Leask (Leander Club) and Angus Groom (Leander Club)

Commendation for Miles Beeson (Molesey BC)

Crew of the Year – The Glasgow Academy RC JW4+/-



