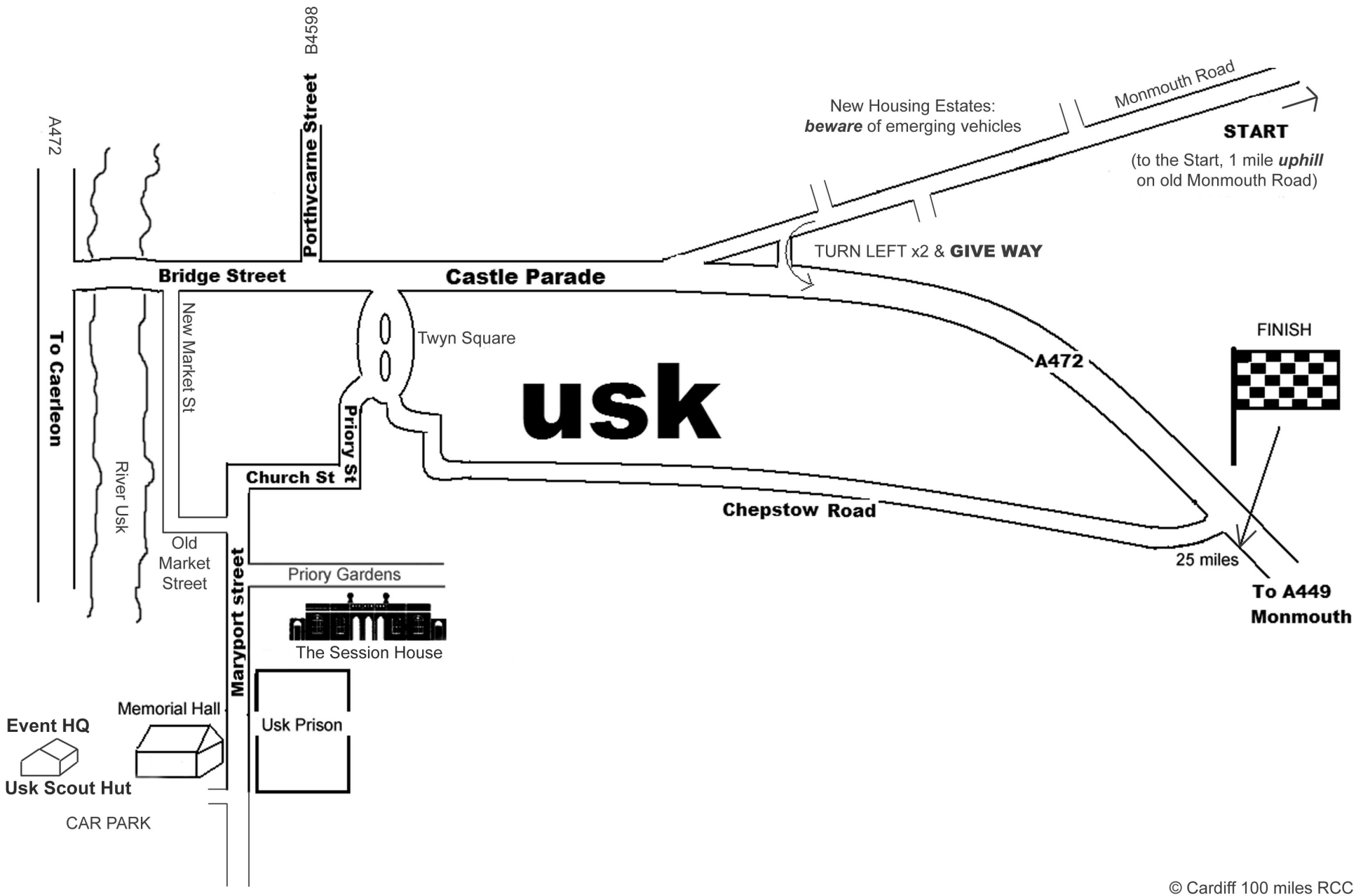

© Cardiff 100 miles RCC