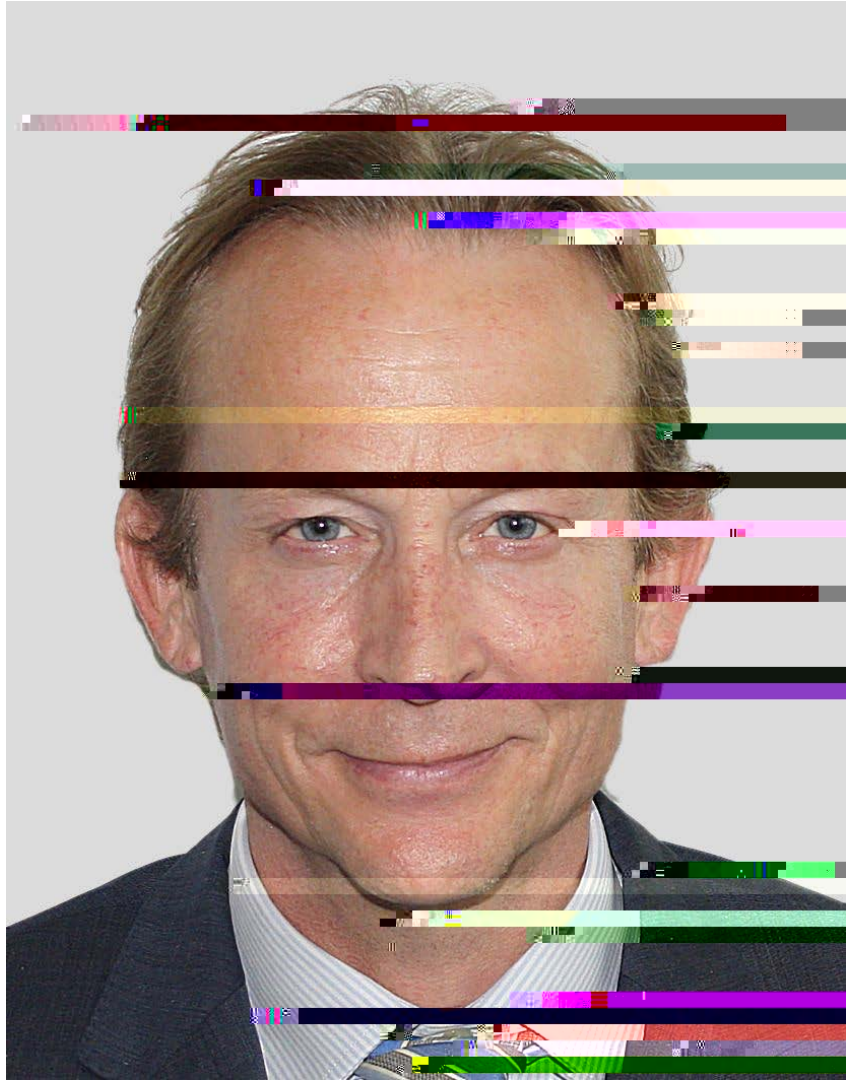Alastair West