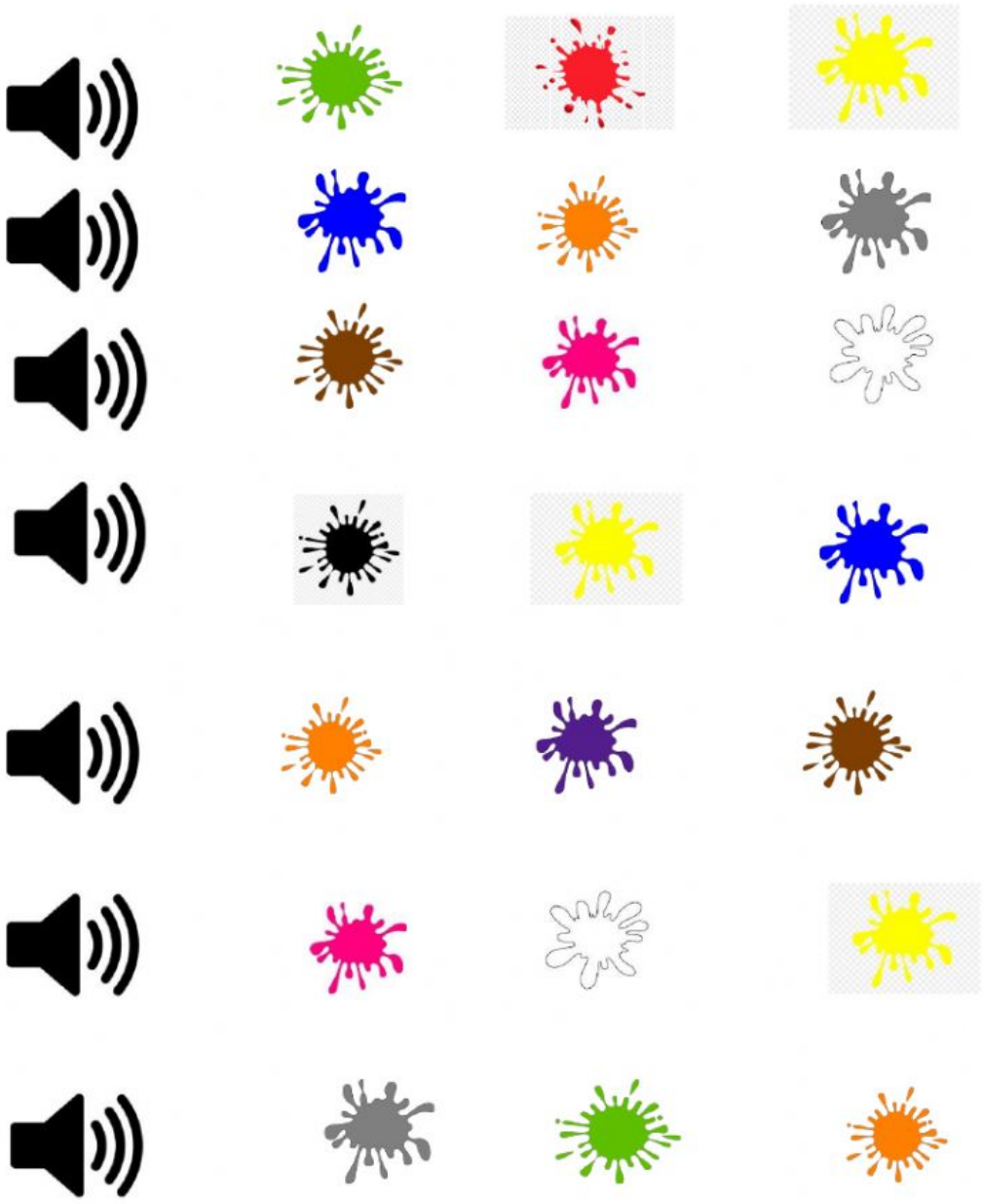Colours