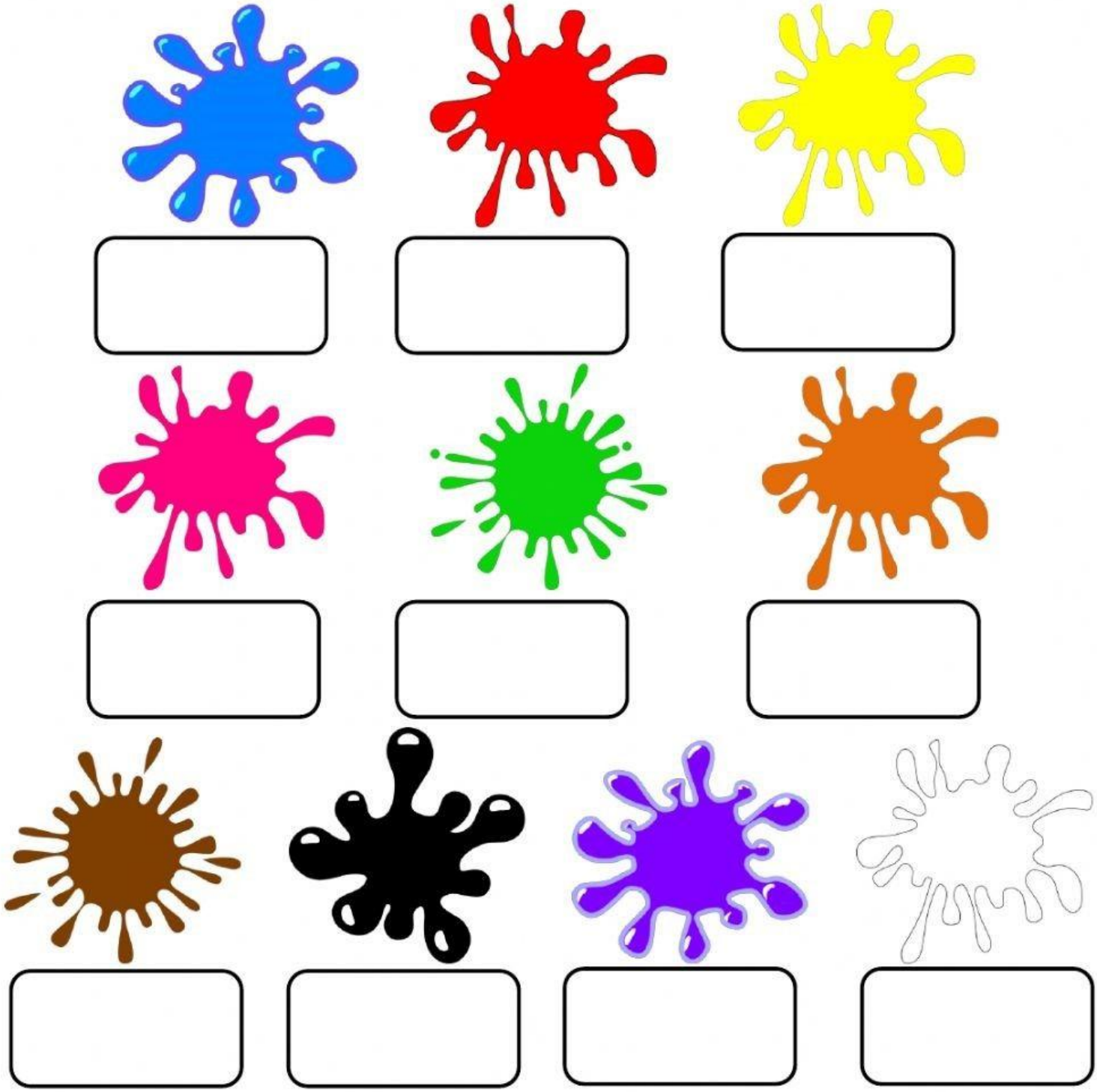COLOURS