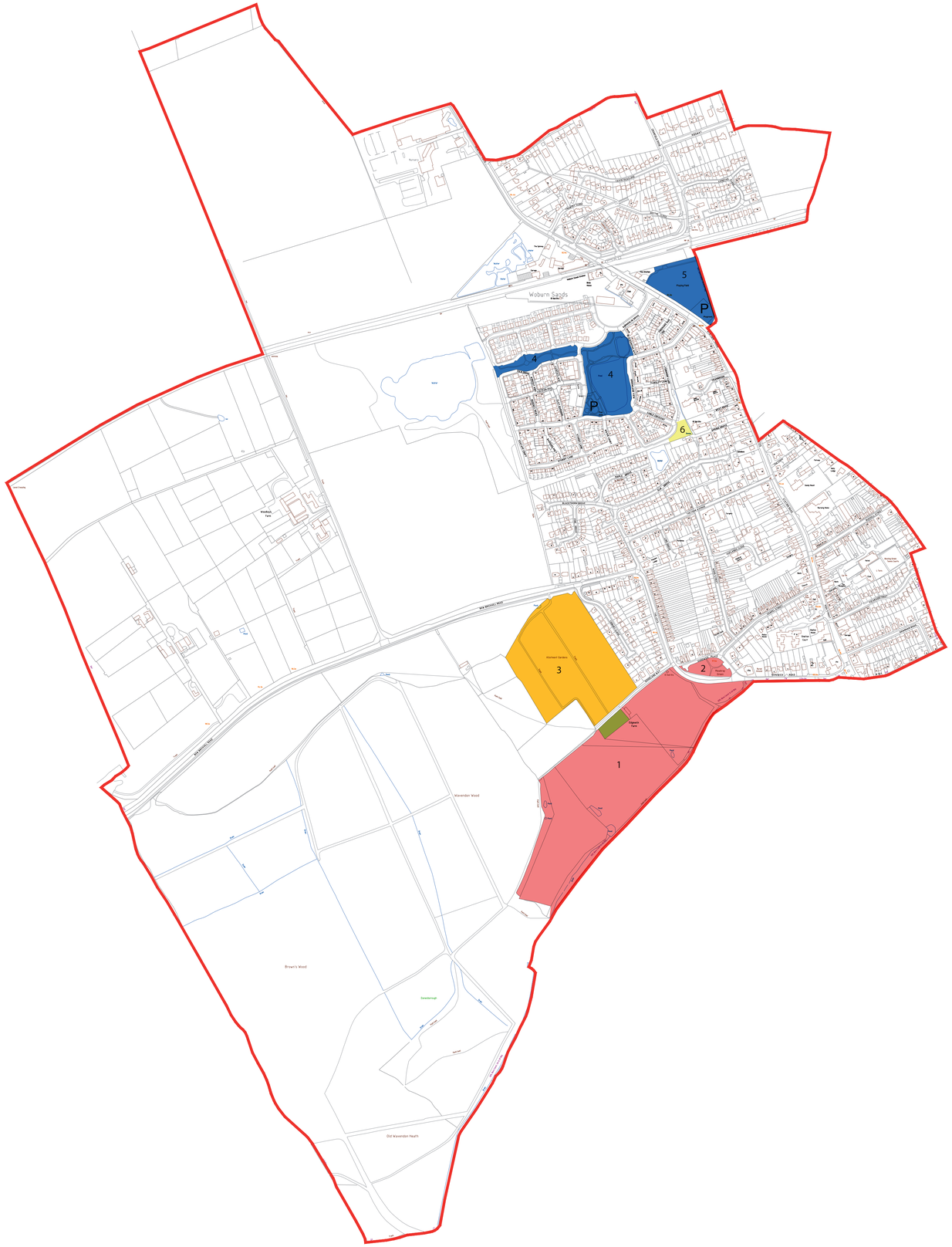Woburn Sands