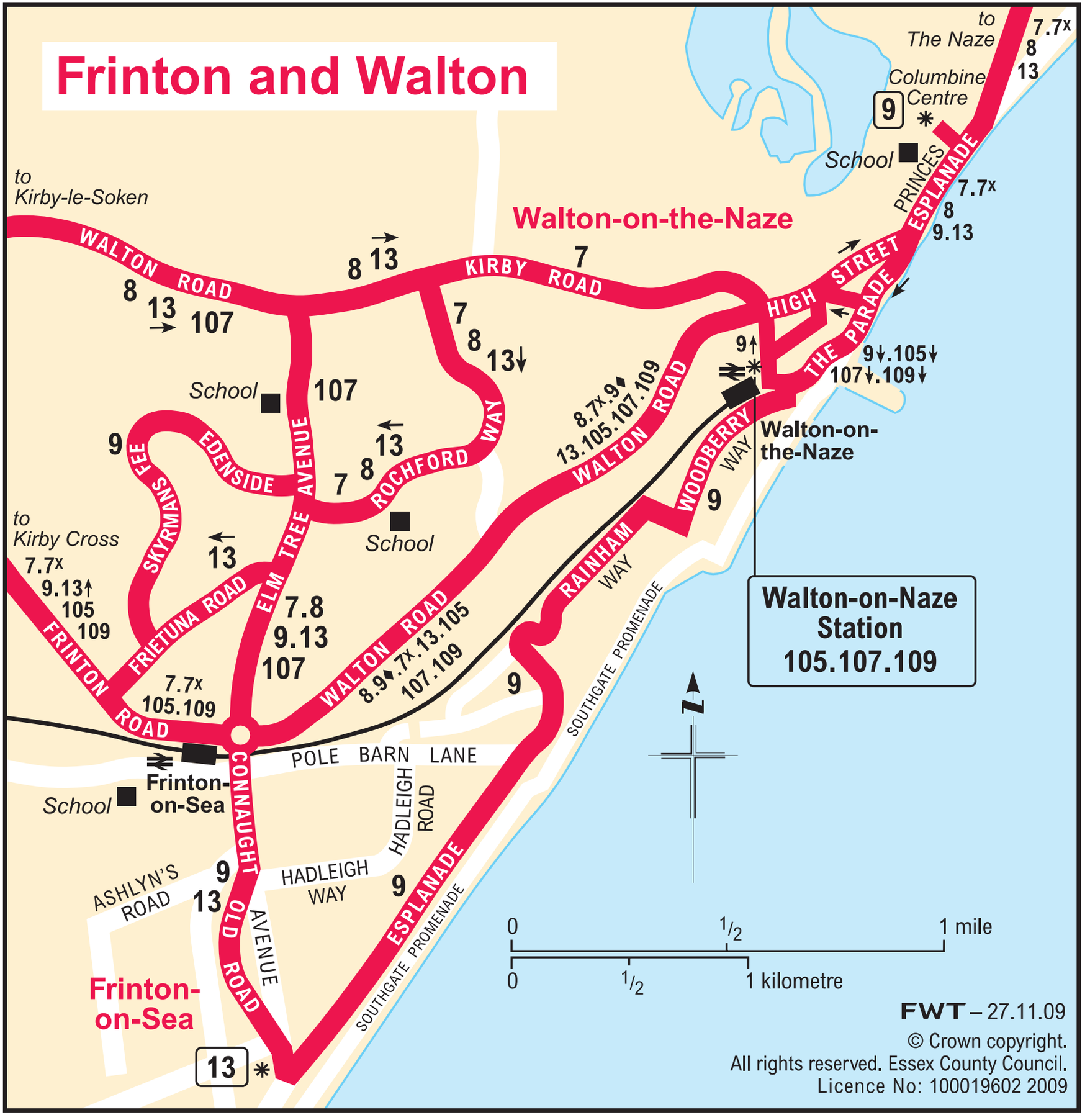Frinton and Walton