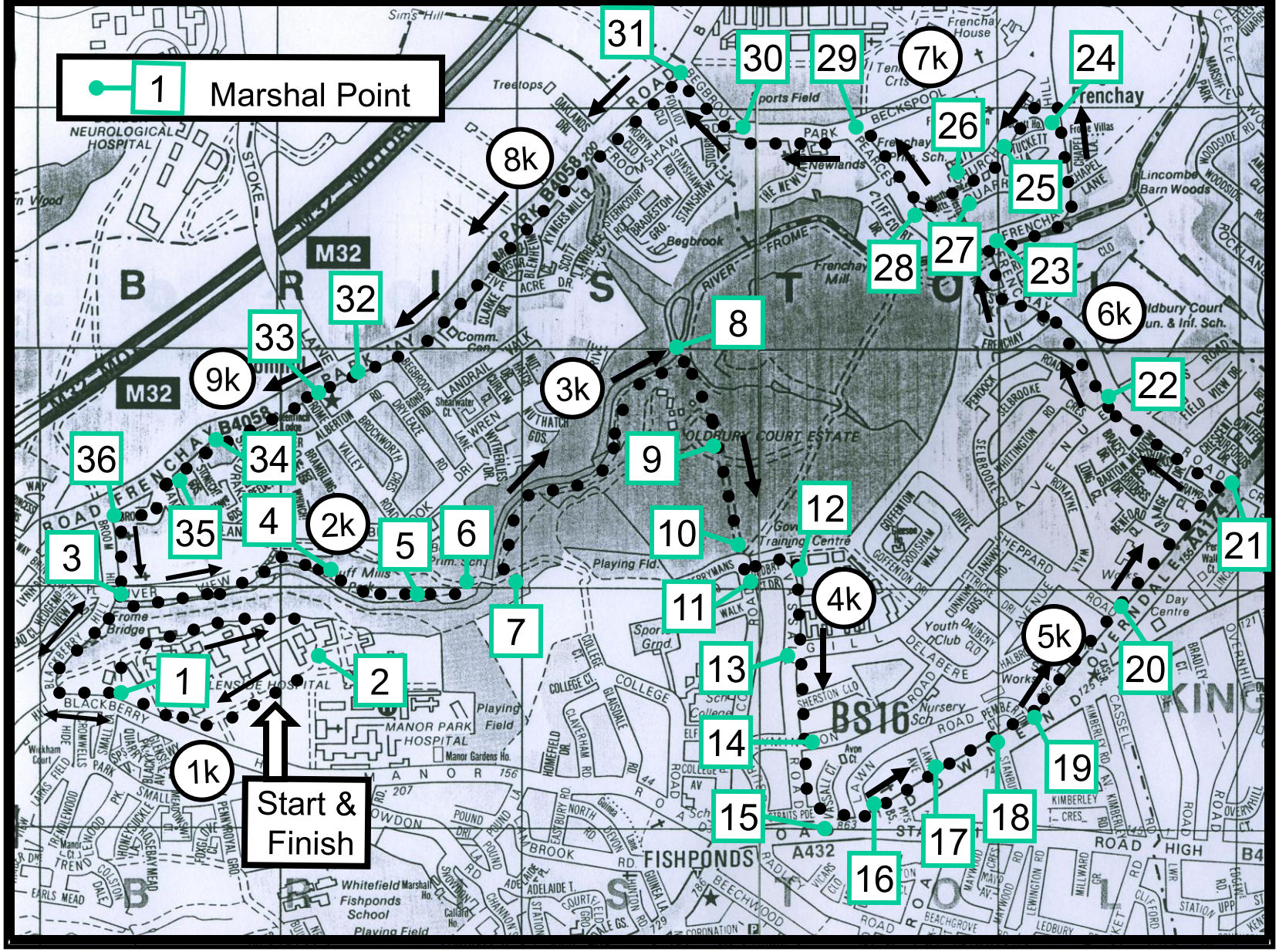Frenchay 10K Road Run (version 3)