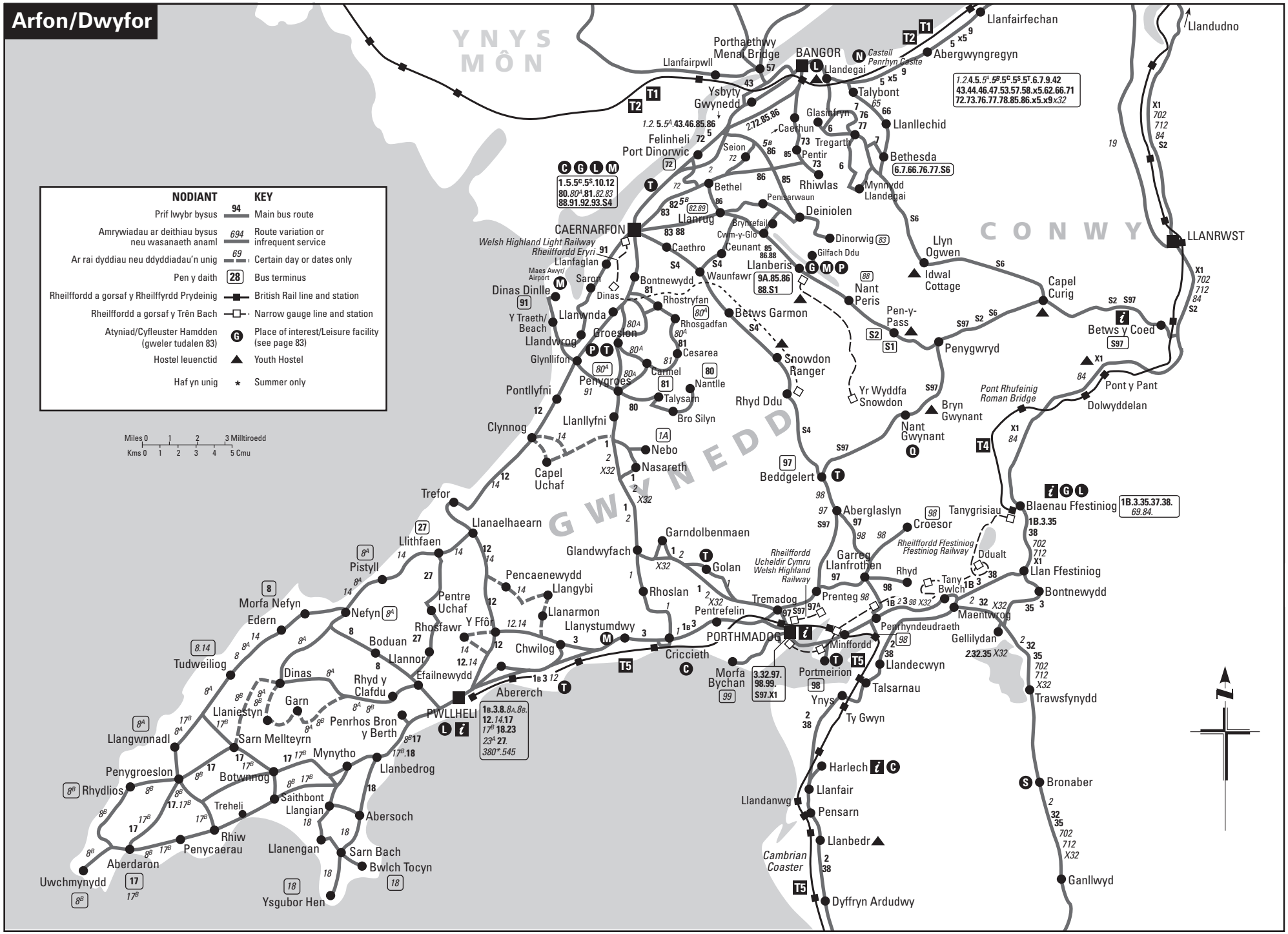Arfon/Dwyfor