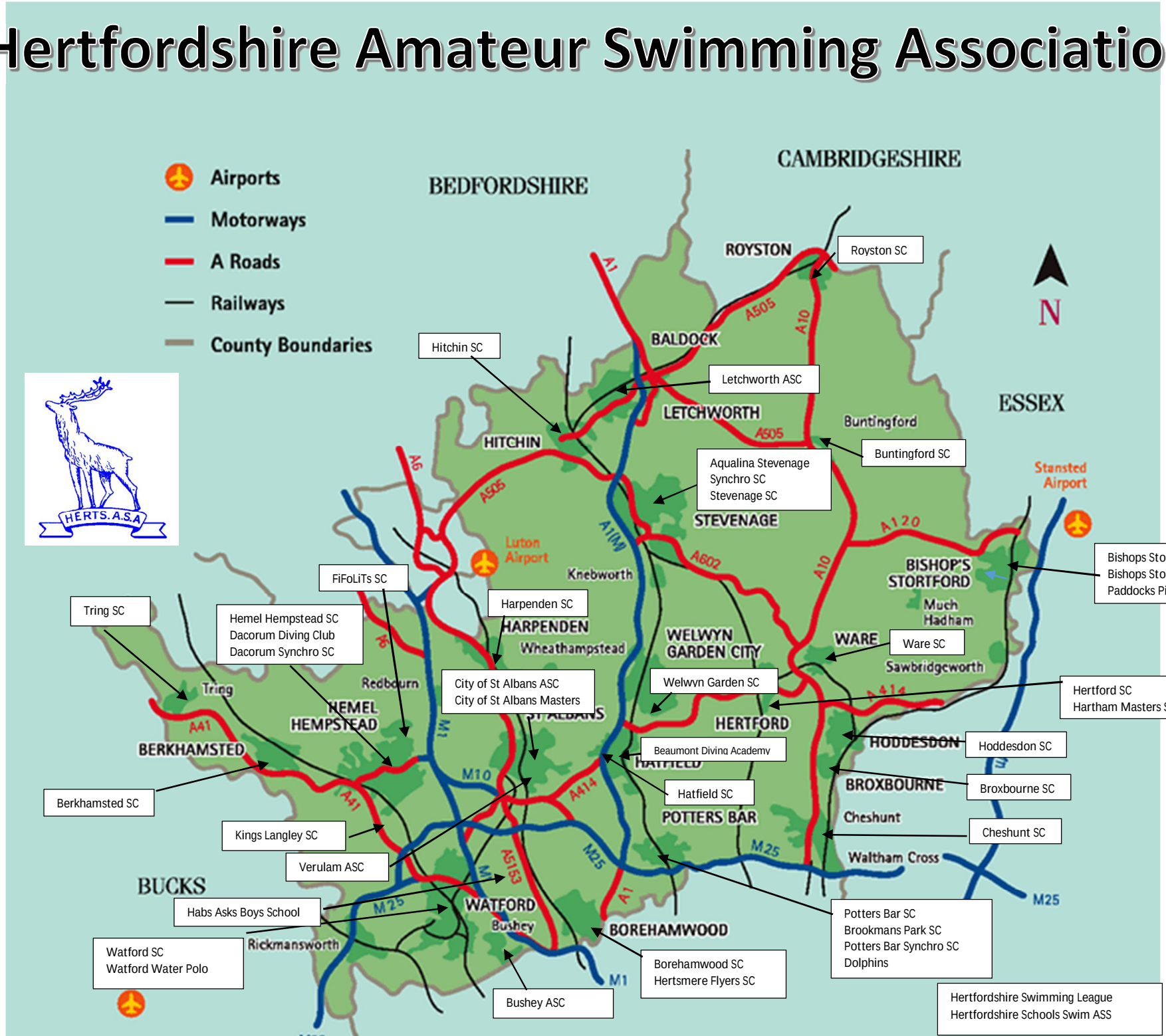Hertfordshire Amateur Swimming Association