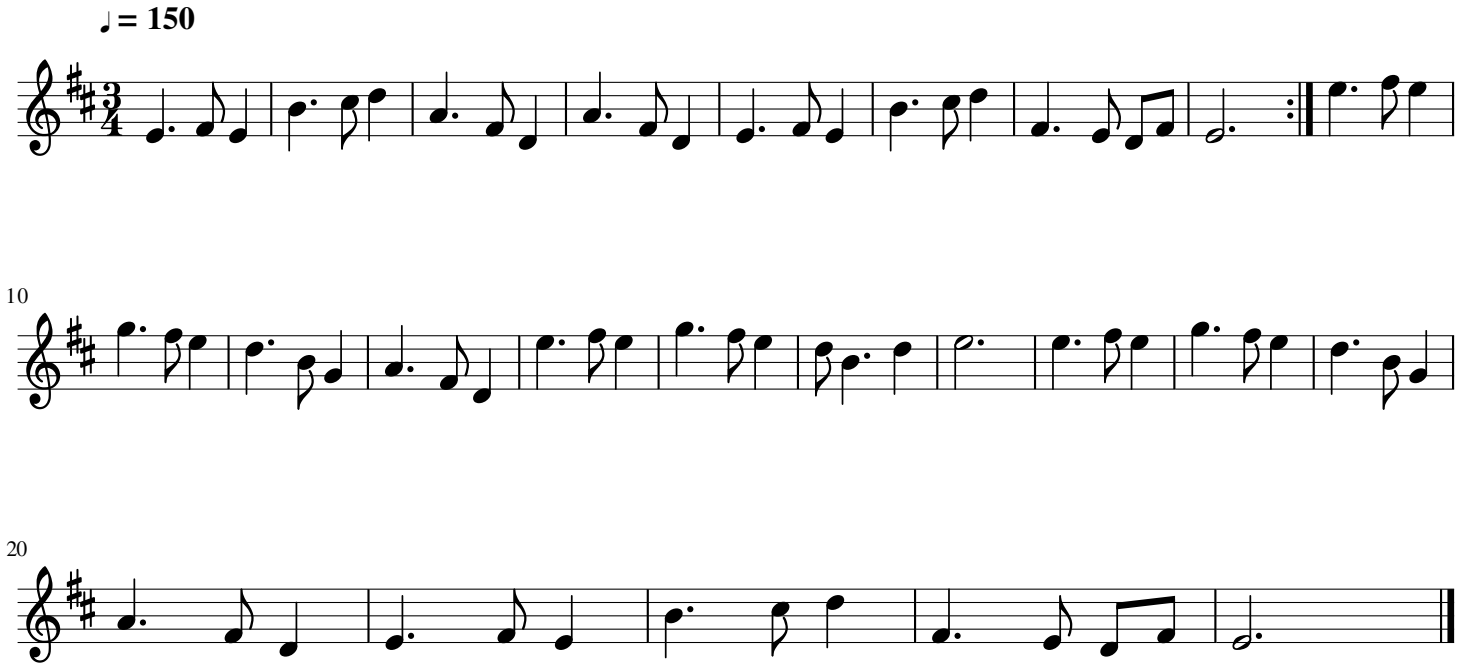The Arran Boat