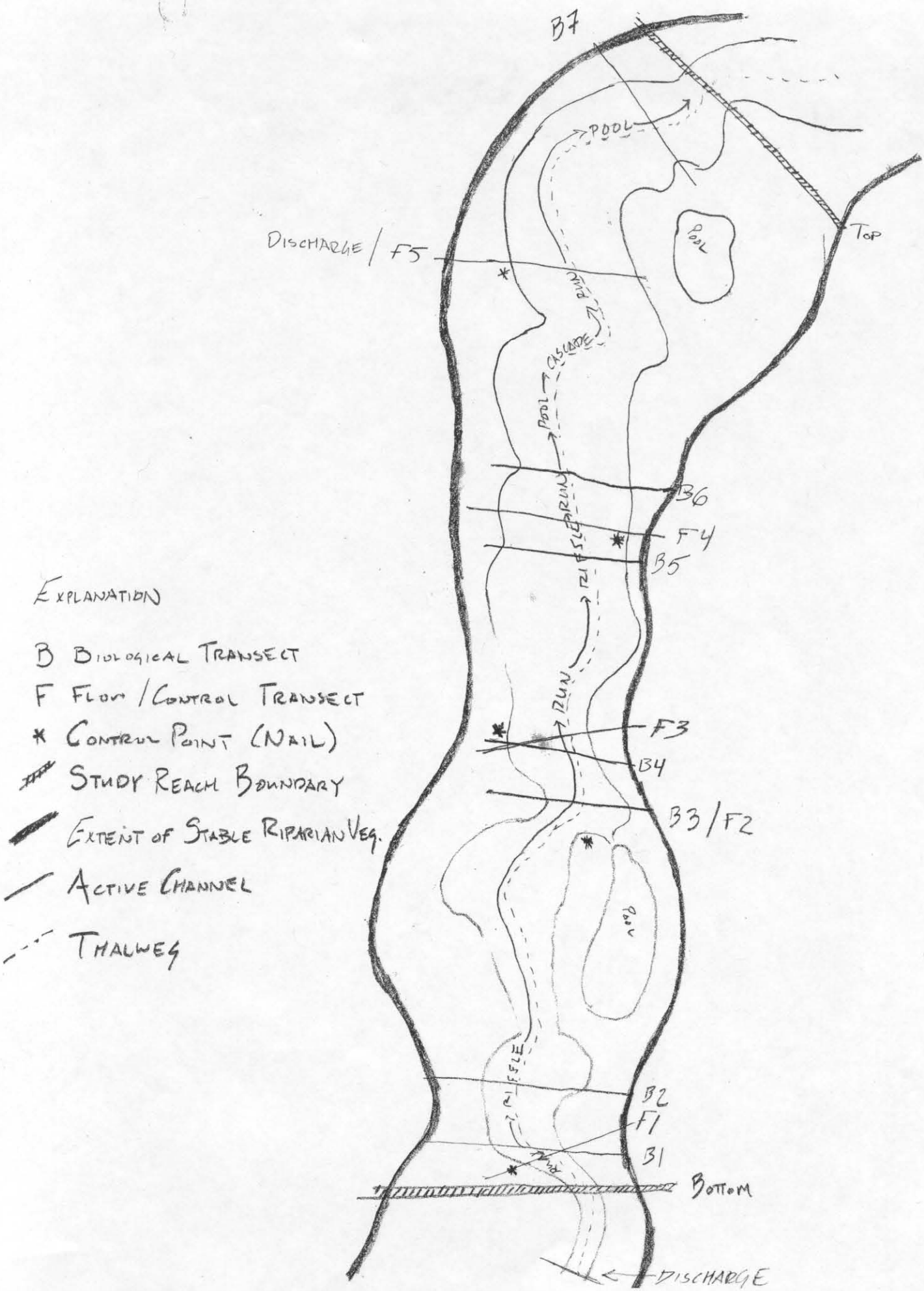Upper Waikhanui