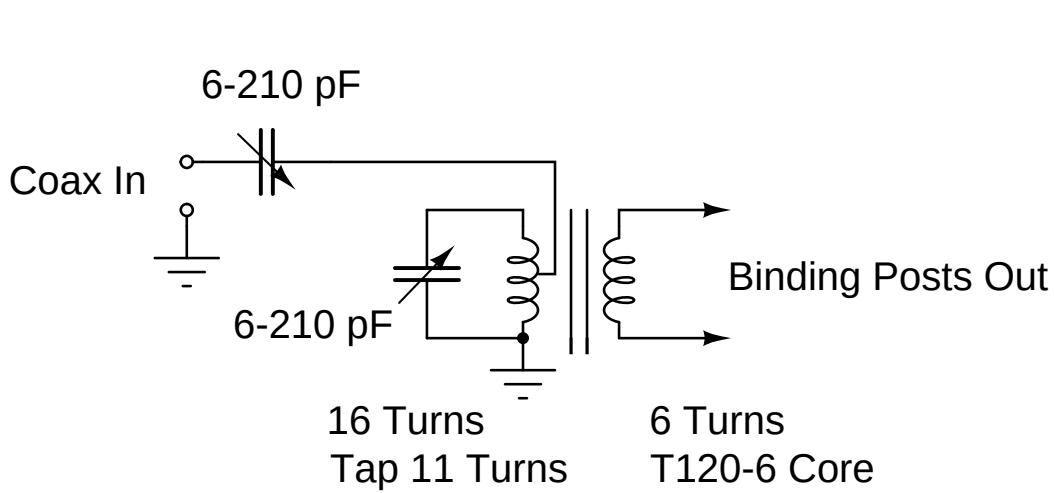30 Metre Z-match AMU