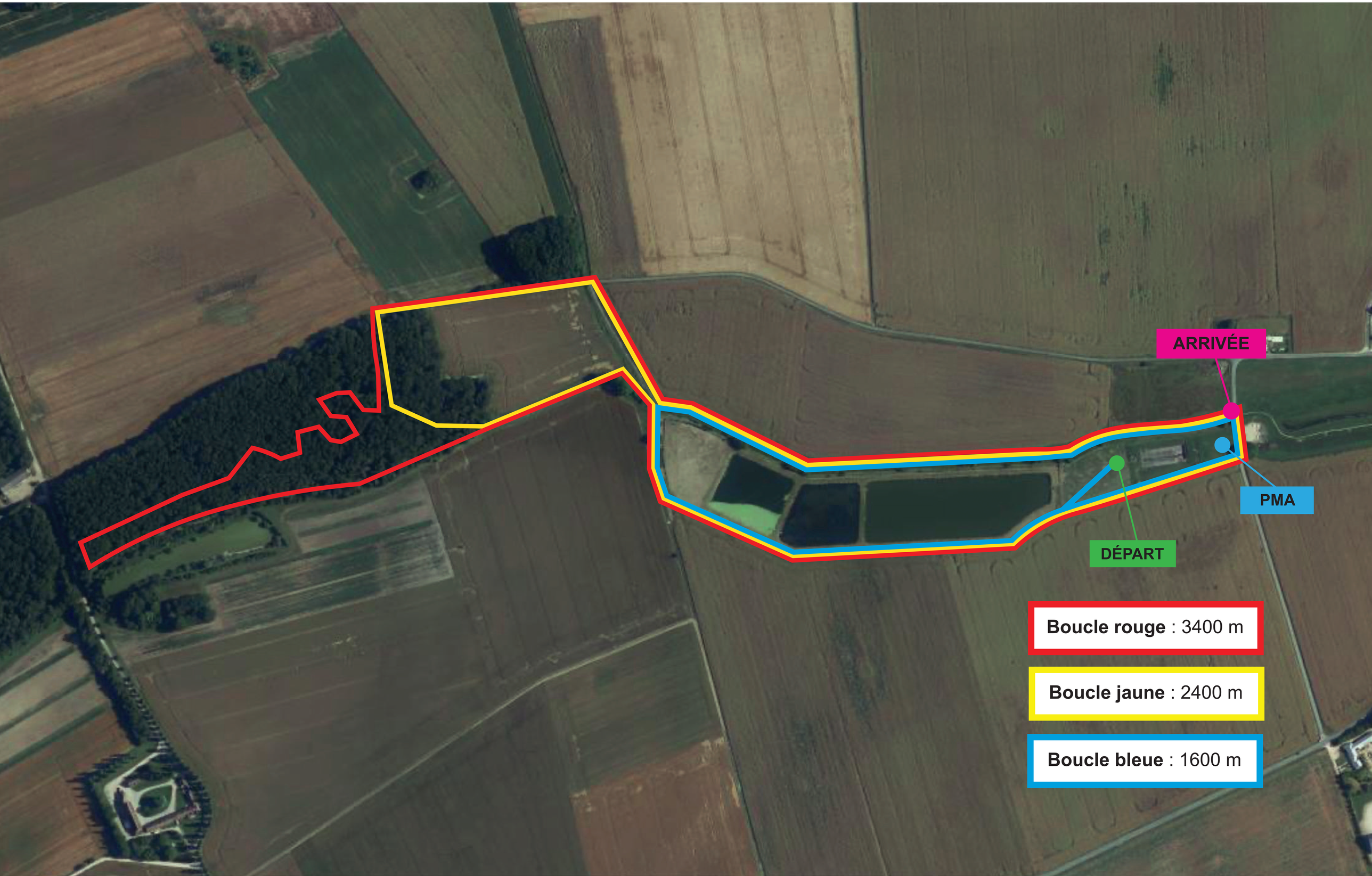CROSS D'ENTRAINEMENT N°1