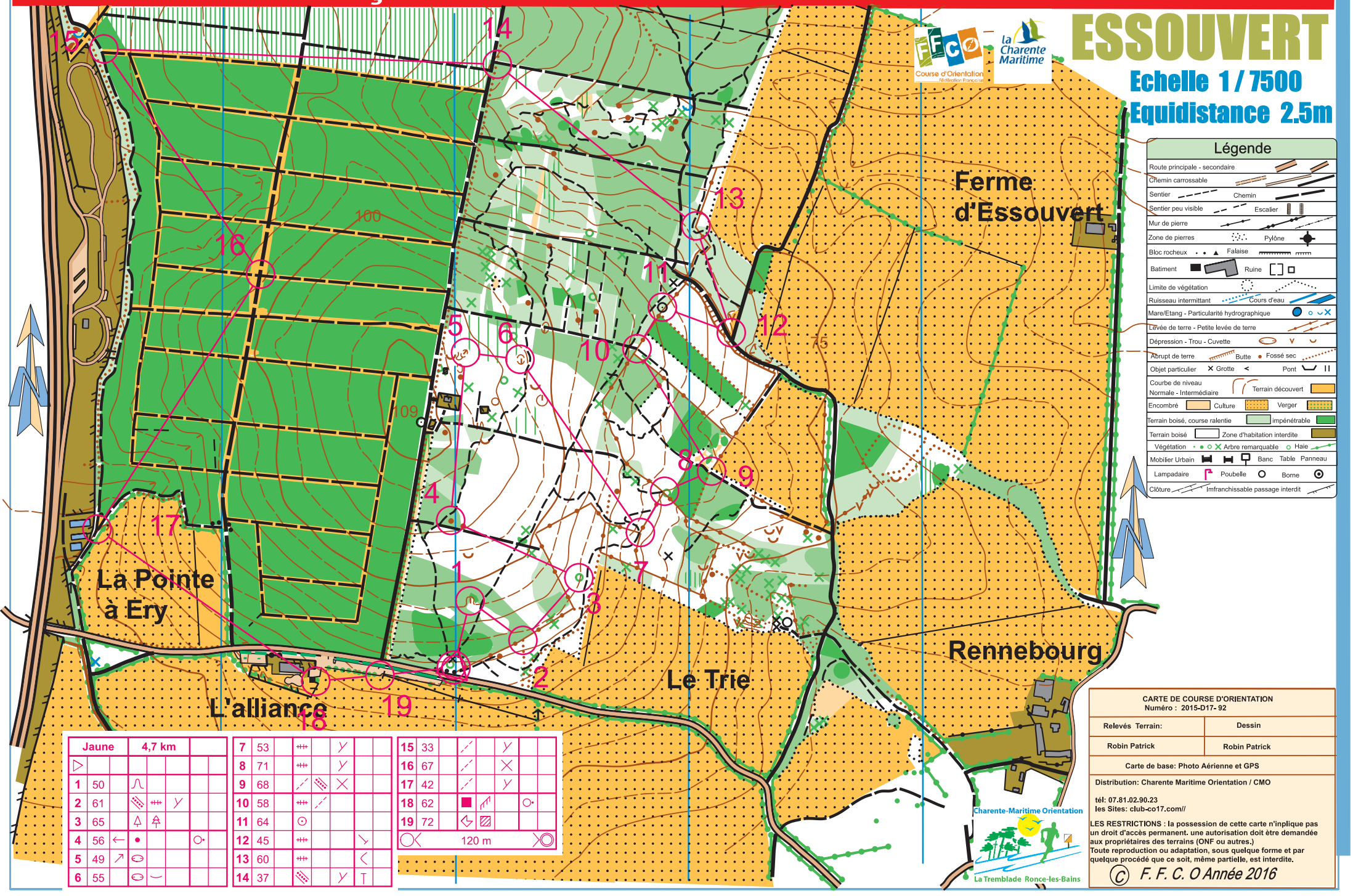Fédération Française de Course d'Orientation