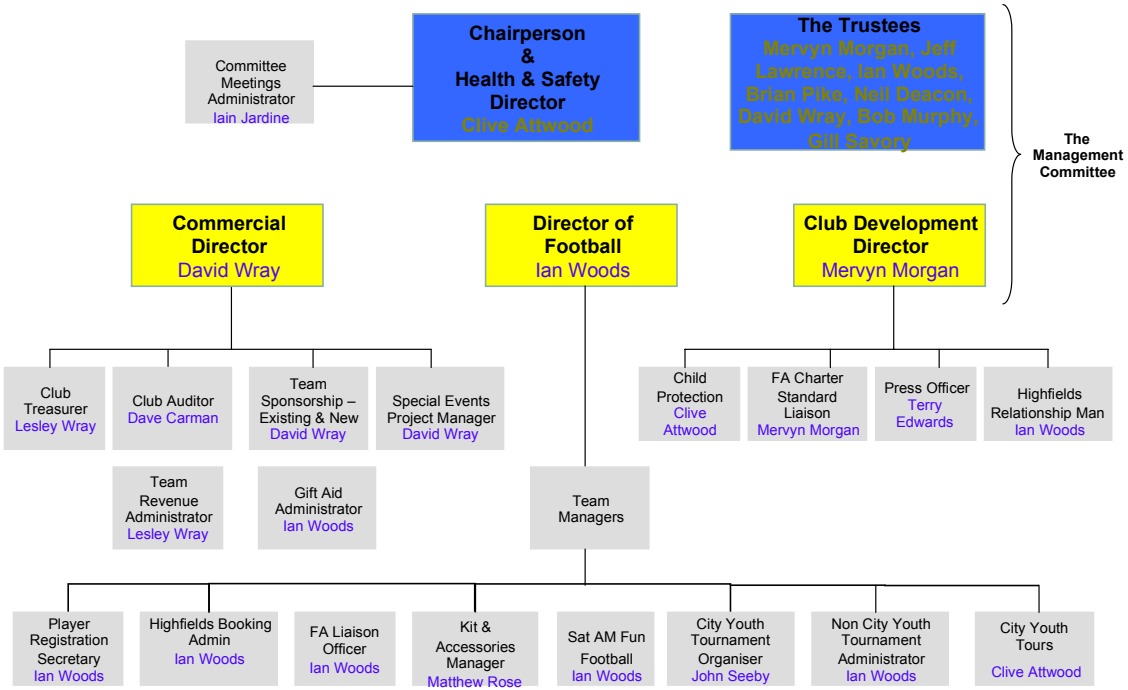St. Albans City Youth Football Club