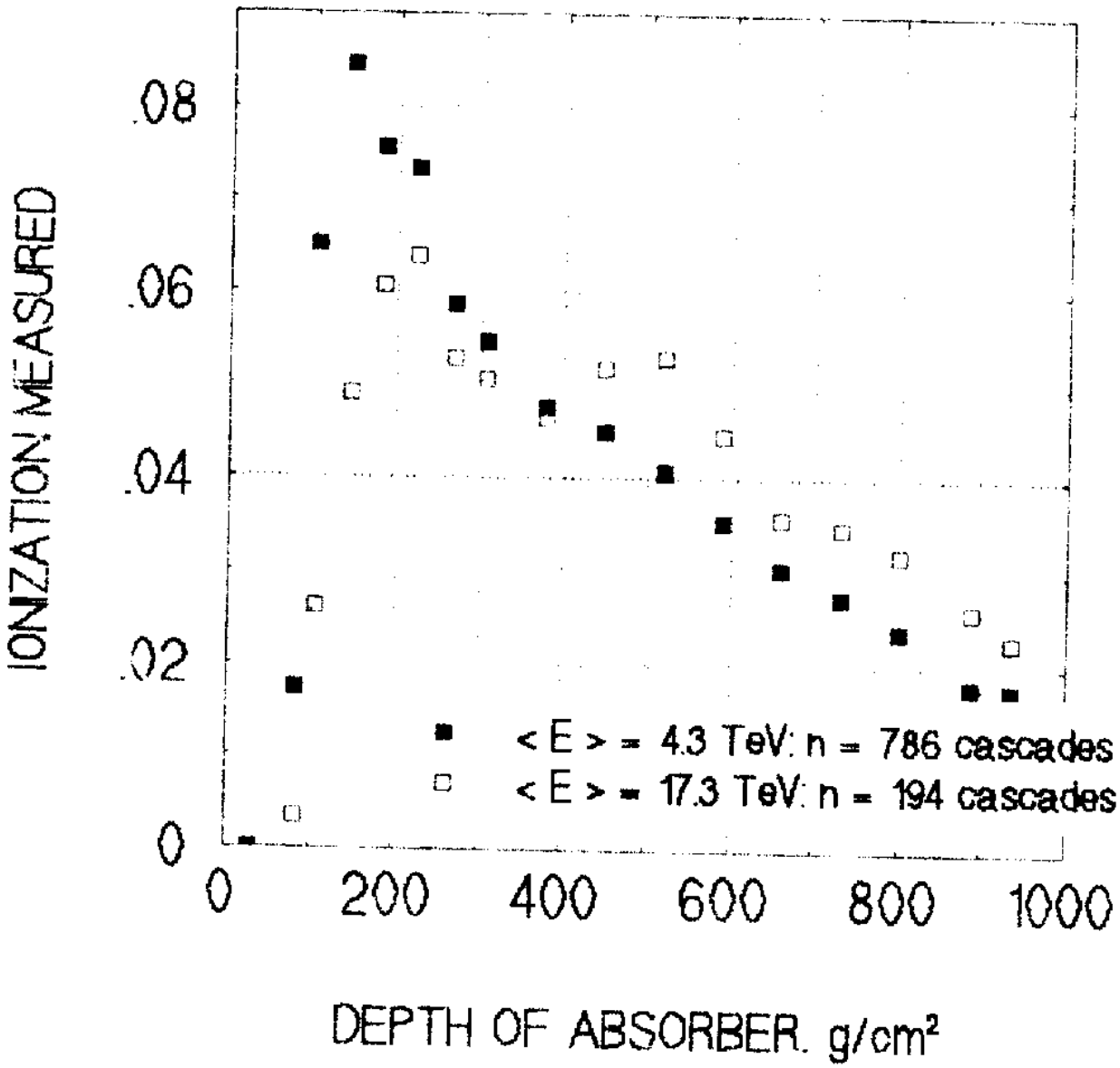AVERAGED CASCADES NORMALISED TO E = 1 TeV