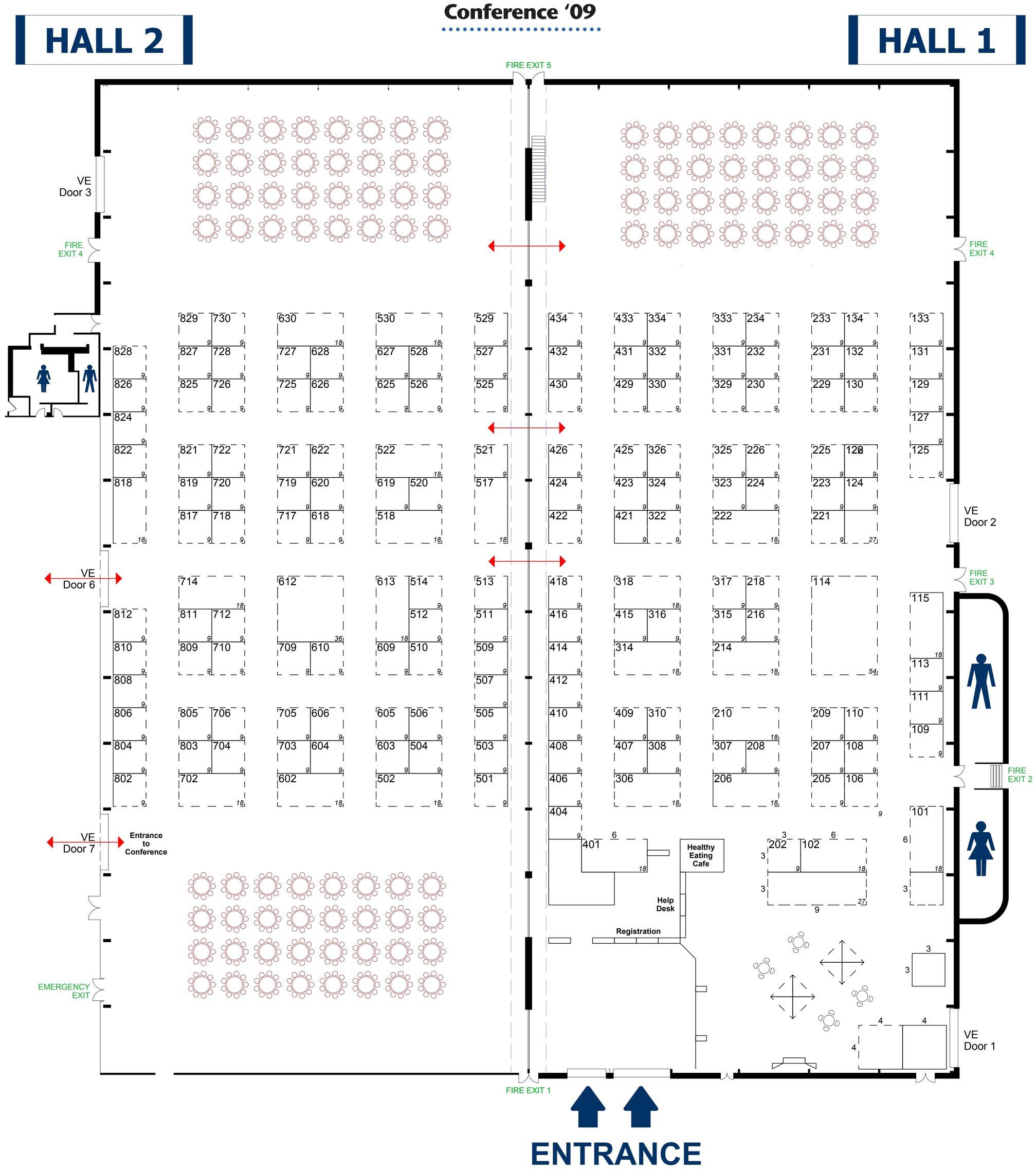Sports Colleges Conference '09