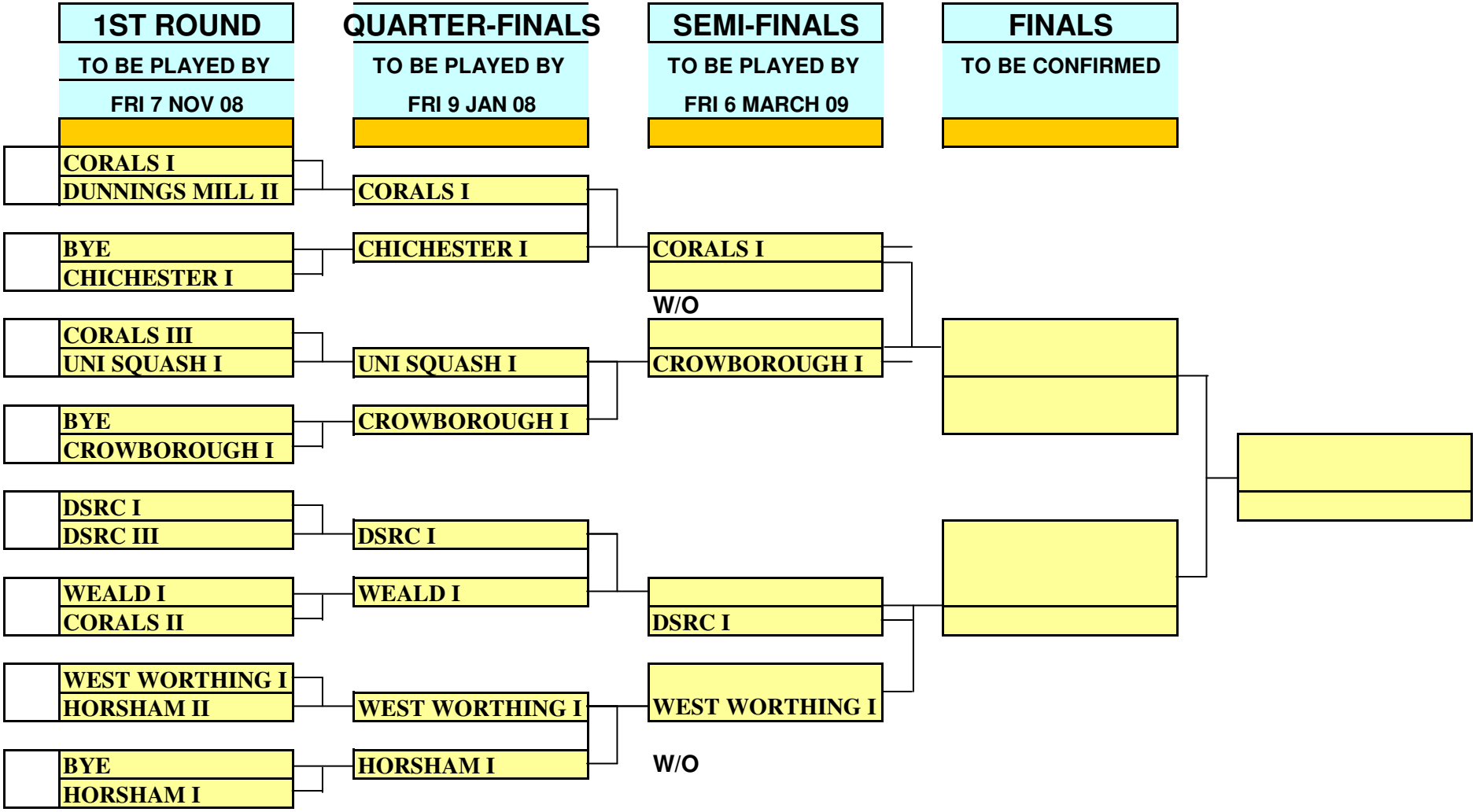SUSSEX LADIES KNOCK-OUT CUP 2008-09