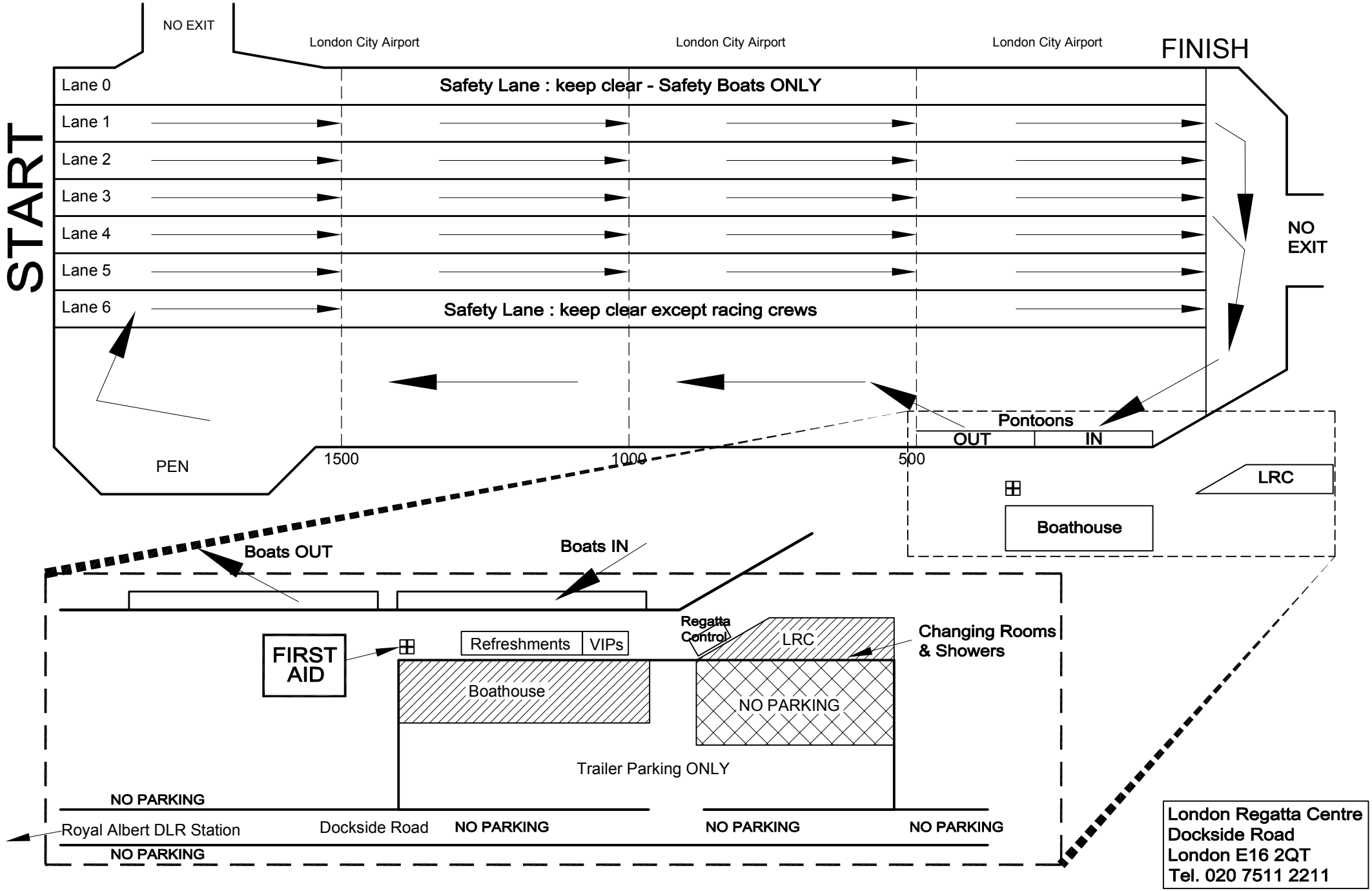POPLAR REGATTA 2009 - Mandatory Circulation Pattern