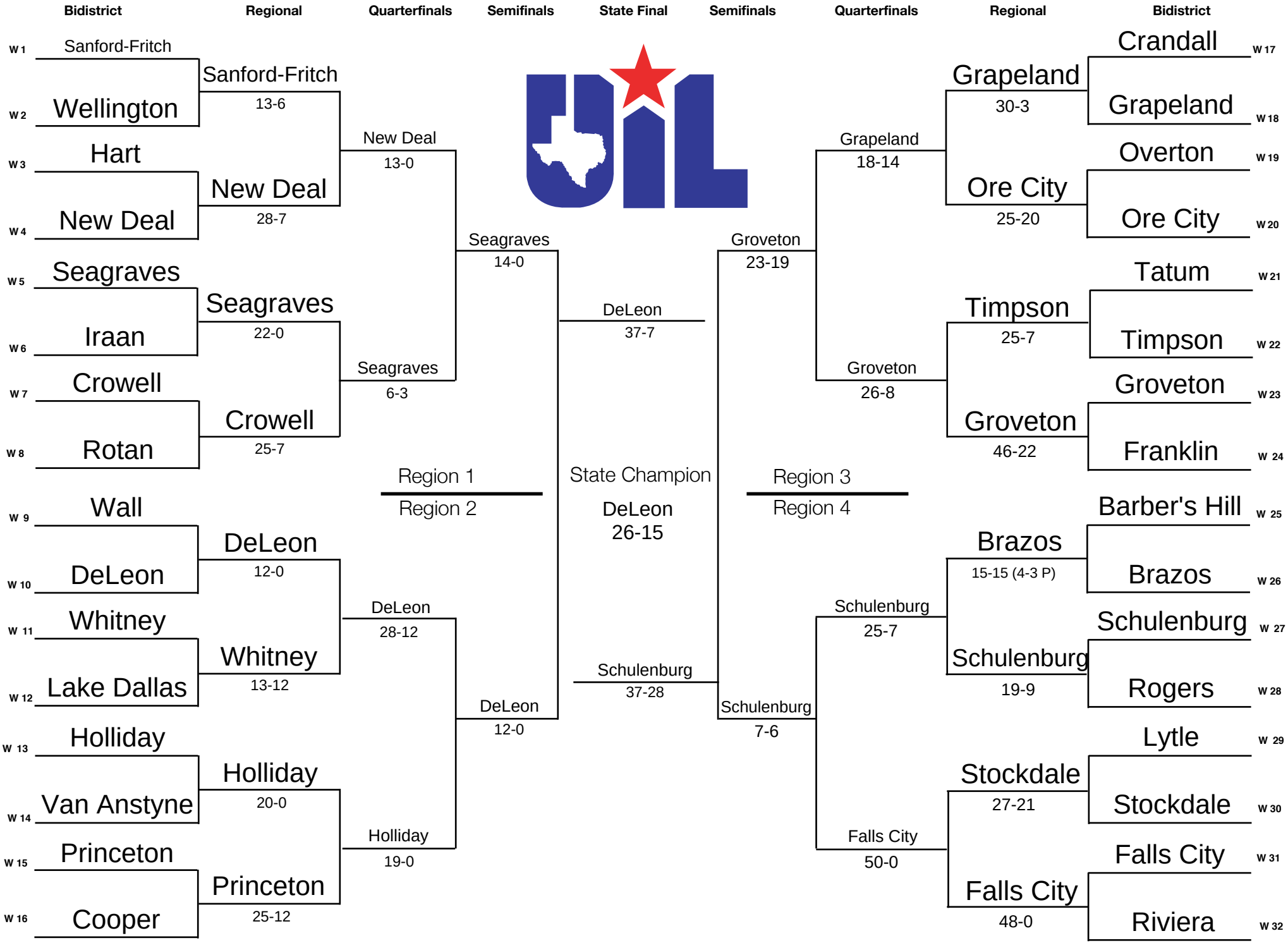1975 Football Conference 1A