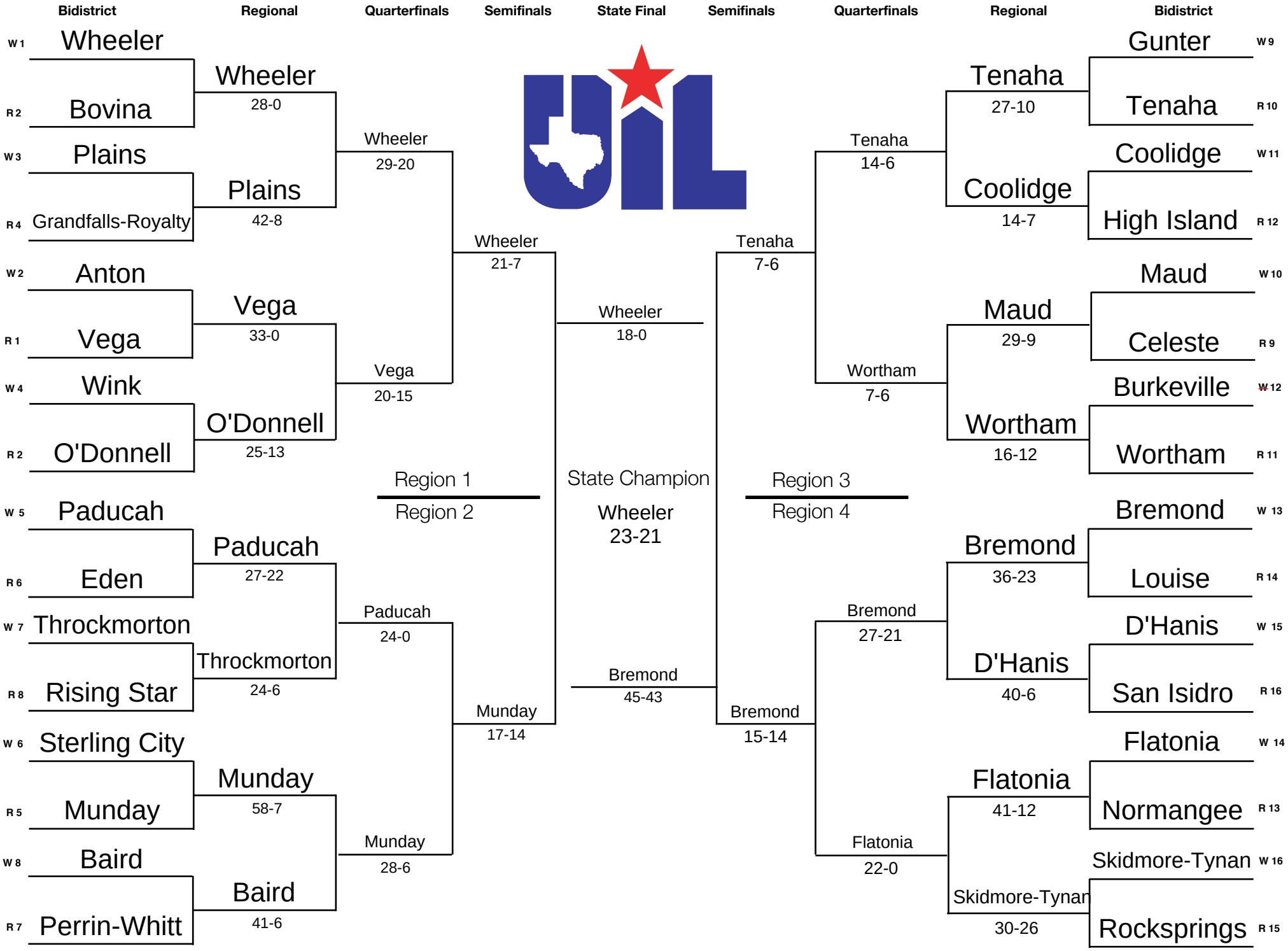1987 Football Conference 1A