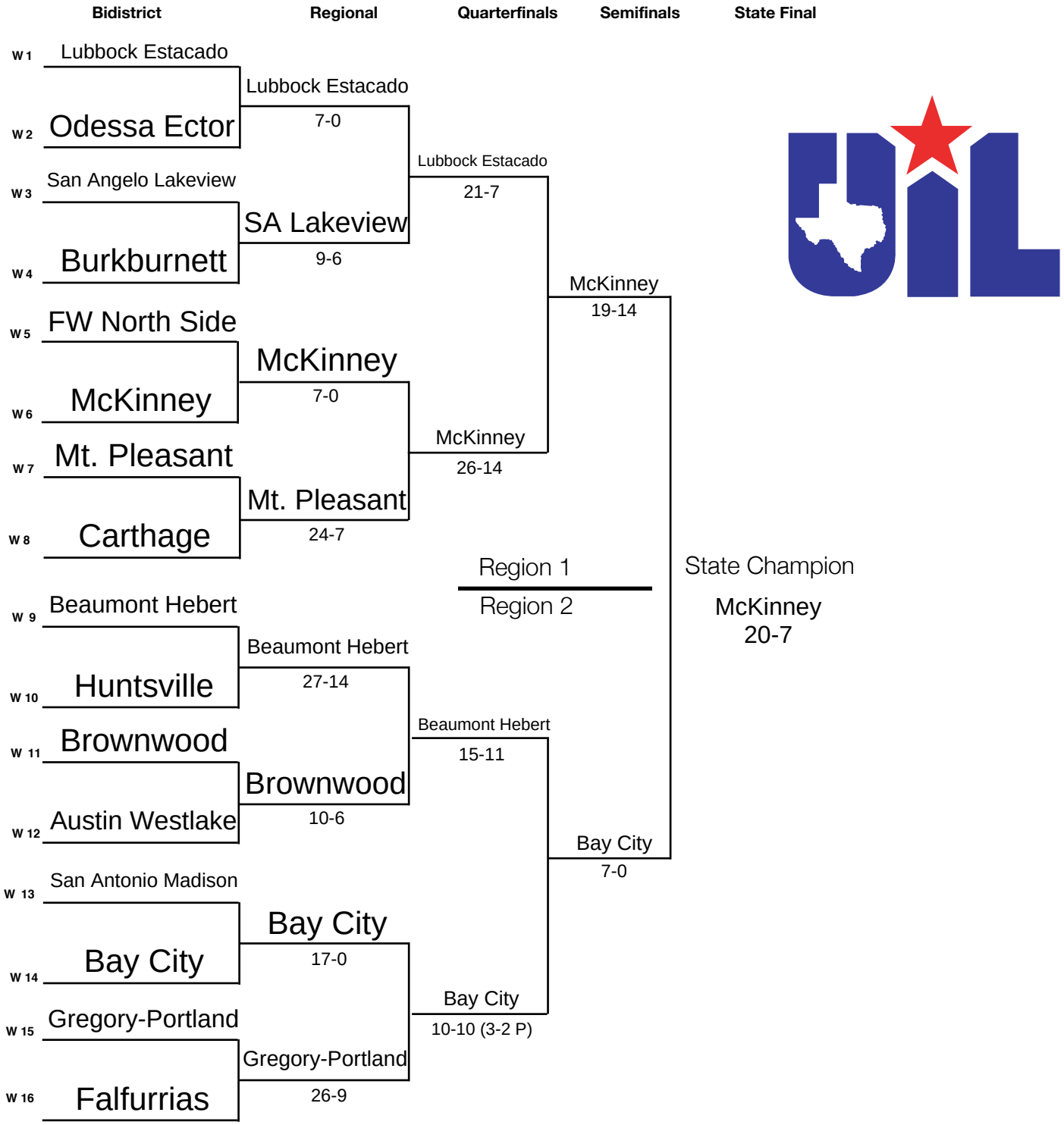1979 Football Conference 3A