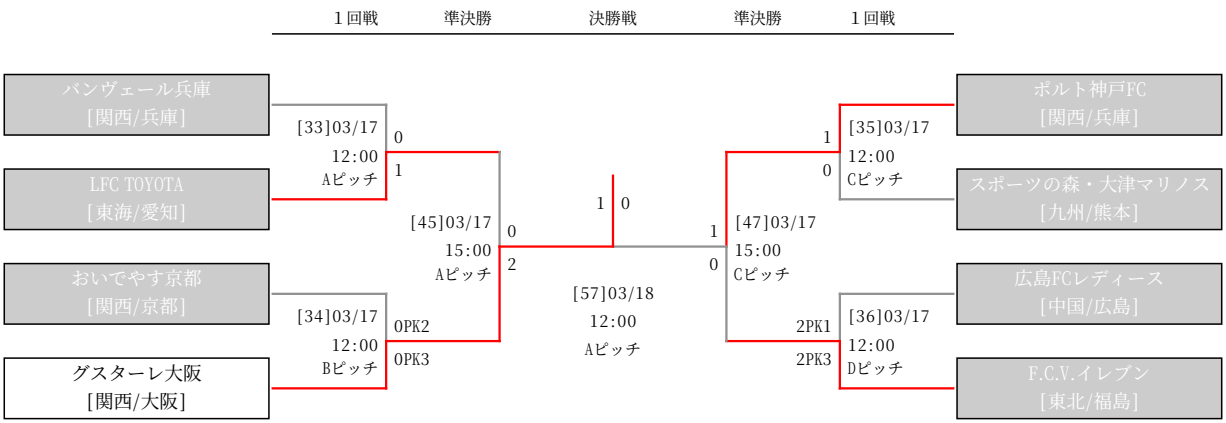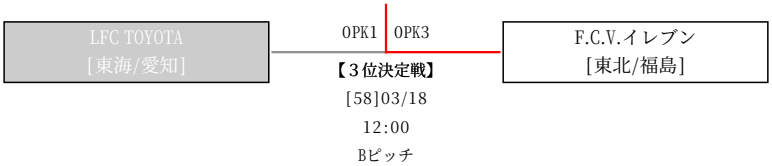JFA 第30回 O-40 女子サッカーオープン大会