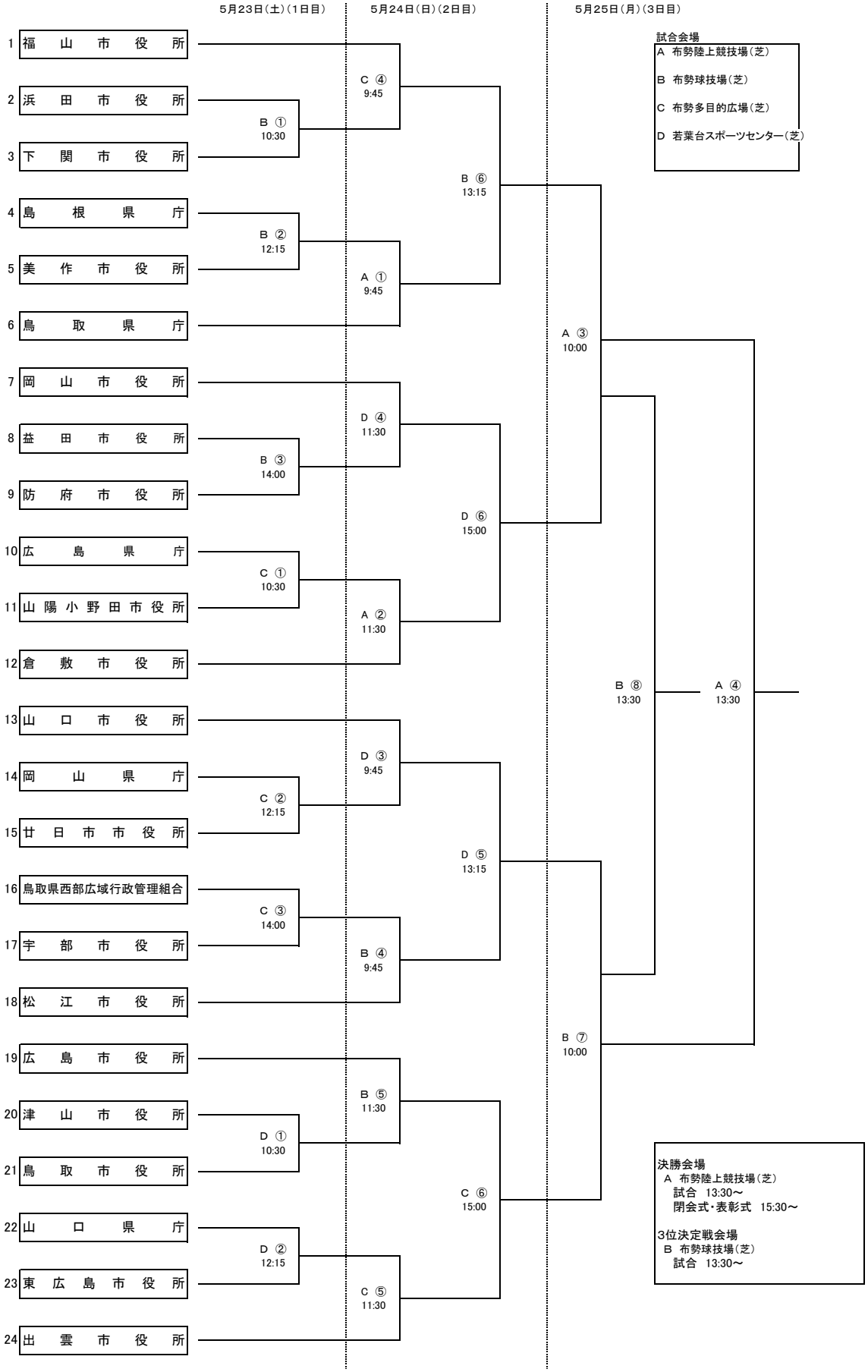第45回中国地区自治体職員サッカー大会