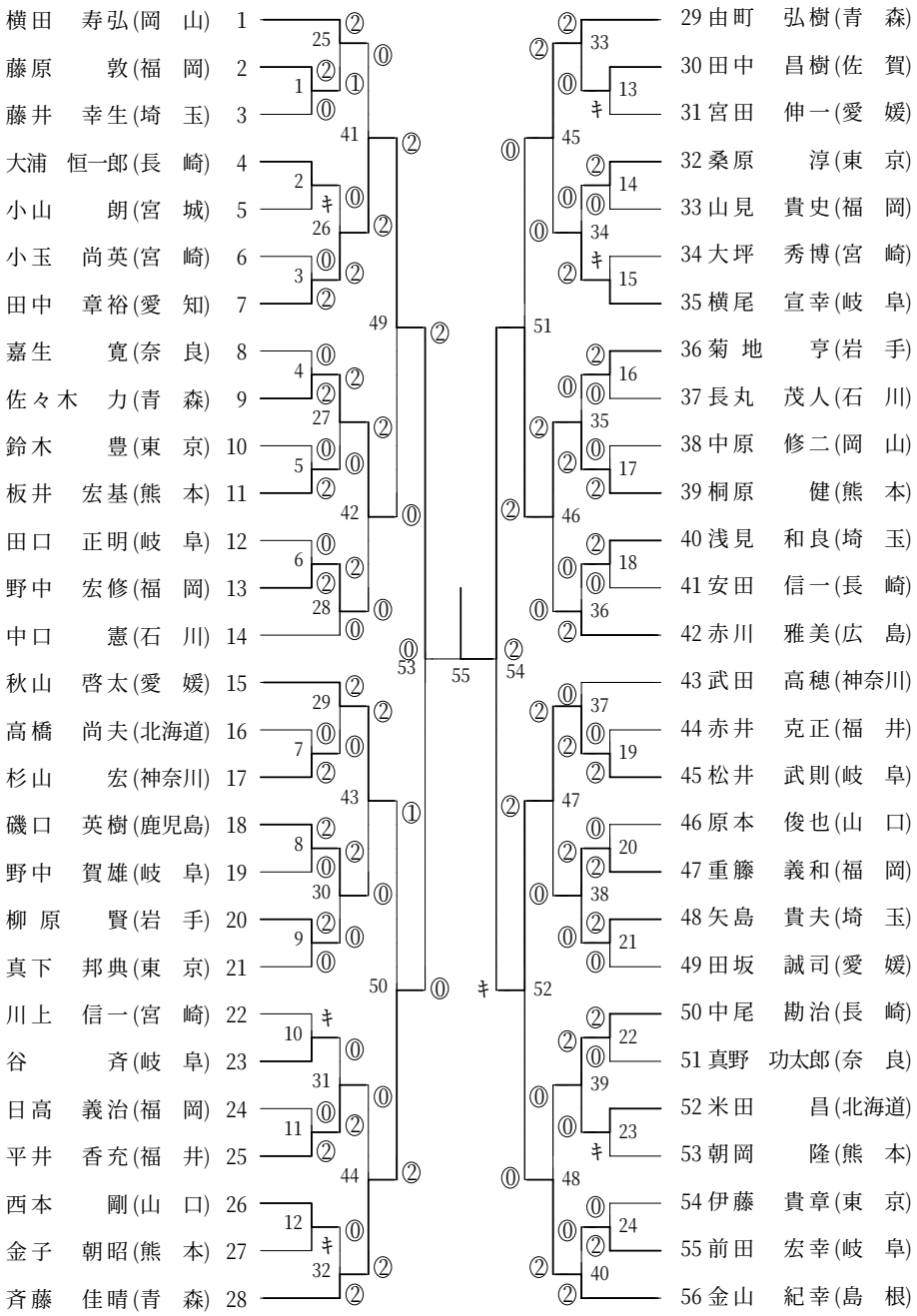30歳以上男子シングルス(30MS)