Title of Manuscript (Times New Roman 14)

AUTHOR/S (TNR10)

*Affiliation/ Corresponding Author email (TNR10 italics)*

ABSTRACT (TNR10)

*Put your abstract here. Use single spacing and don’t exceed 250 words. Put your abstract here. Use single spacing and don’t exceed 250 words. Put your abstract here. Use single spacing and don’t exceed 250 words. Put your abstract here. Use single spacing and don’t exceed 250 words. Put your abstract here. Use single spacing and don’t exceed 250 words. Put your abstract here. Use single spacing and don’t exceed 250 words. Put your abstract here. Use single spacing and don’t exceed 250 words. Put your abstract here. Use single spacing and don’t exceed 250 words. (TNR10)*

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HEADING LEVEL 1(TNR12)

Use Times New Roman 12 only throughout unless stated otherwise. Do not indent the first line of paragraph following a heading or sub heading. Use single spacing for main document. Note that there is only one space between sentences. Use single spacing for main document. Note that there is only one space between sentences.

Indent 5 spaces subsequent paragraphs. Indent 5 spaces subsequent paragraphs. Indent 5 spaces subsequent paragraphs. Indent 5 spaces subsequent paragraphs.

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USE THIS STYLE FOR LEVEL TWO HEADINGS (TNR10)

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*Use a First paragraph to create a level four heading*. Run text on after a full stop.

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**Including tables and figures in manuscript**

[Use Times New Roman font size 7 for **-** TABLE 1, FIGURE 1. Use Times New Roman font size 9 for labels **-** Simple example of a table]

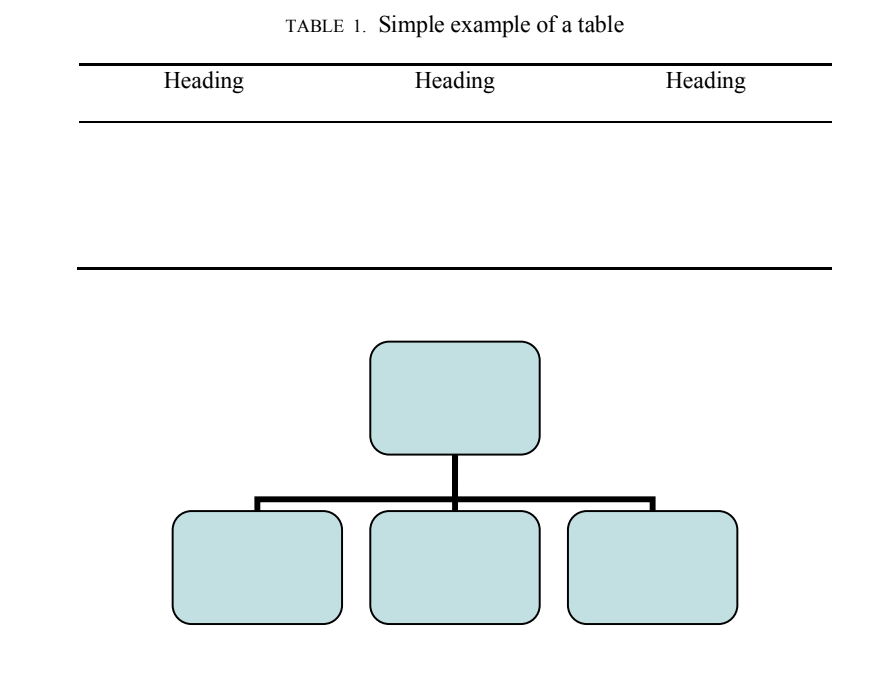


TABLE 1. Simple example of a table

Heading Heading Heading

FIGURE 1*.* This is an example of a figure

ACKNOWLEDGEMENTS (TNR10)

*FIGURE 1 : This is an example of a figure*

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