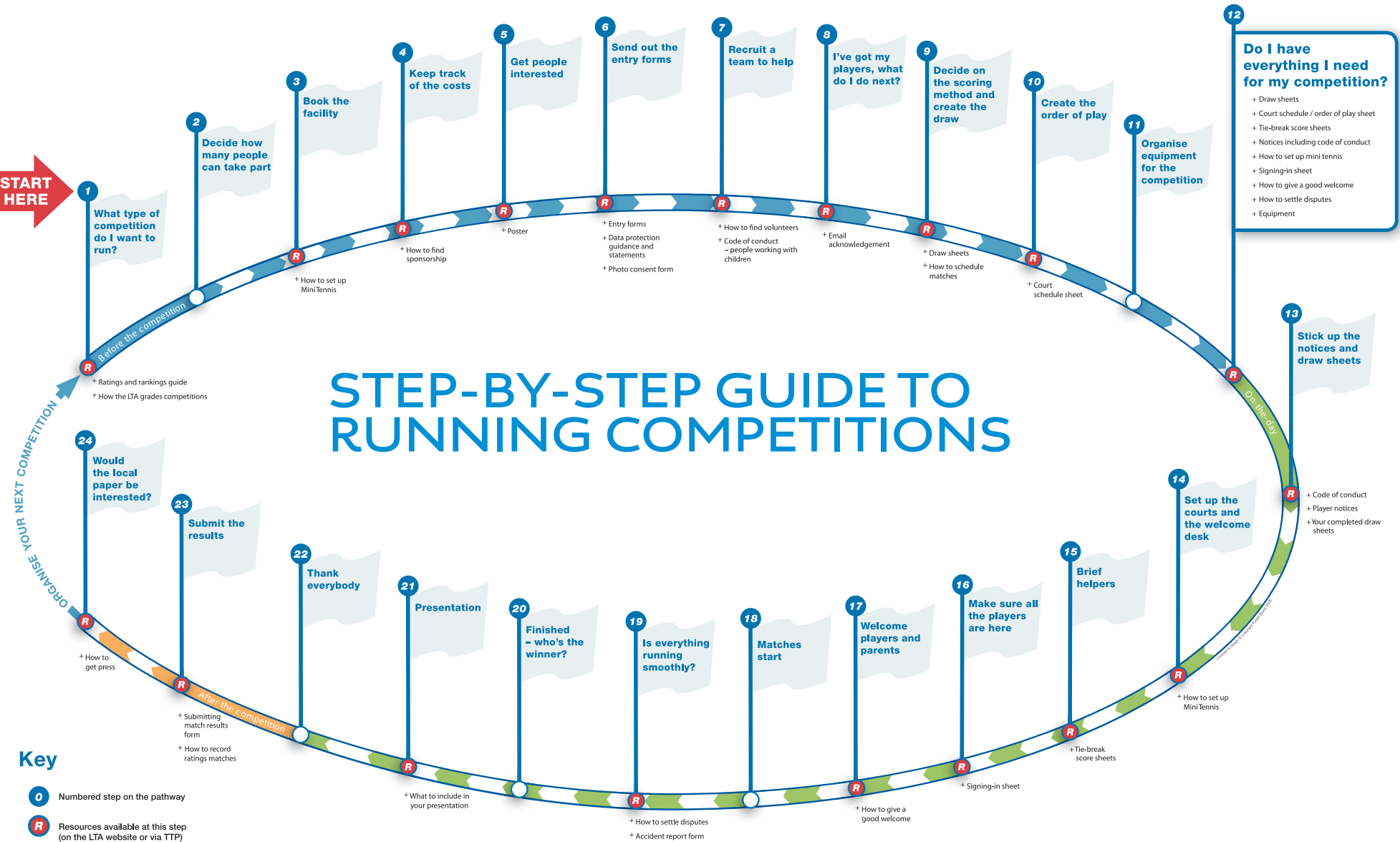




STEP-BY-STEP GUIDE TO RUNNING COMPETITIONS



Key

0 Numbered step on the pathway

R Resources available at this step (on the LTA website or via TTP)

+ Your resource

Before the competition

On-the-day

After the competition

