

# Alison's Practising Mark-up Page

Some of these words *are emphasised*.

Some of these words *are emphasised*.

## First level header

## Second level header

### Header 3

This is a block quote

This is the second para in the block quote

This is an H2 in a block quote (without ###)

This is an H2 in a blockquote (with  
###)

Use two asterisks for **strong emphasis**. Or, if you prefer, **use two underscores instead**.

A list item.

- red
- blue
- yellow

This is an [example link](#).

This is a link to the BBC <https://www.bbc.co.uk/iplayer> this is equivalent to <https://www.bbc.co.uk/iplayer> when you want the text and the URL to be the same.

To link to Fred [click here to contact Fred](#)

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