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