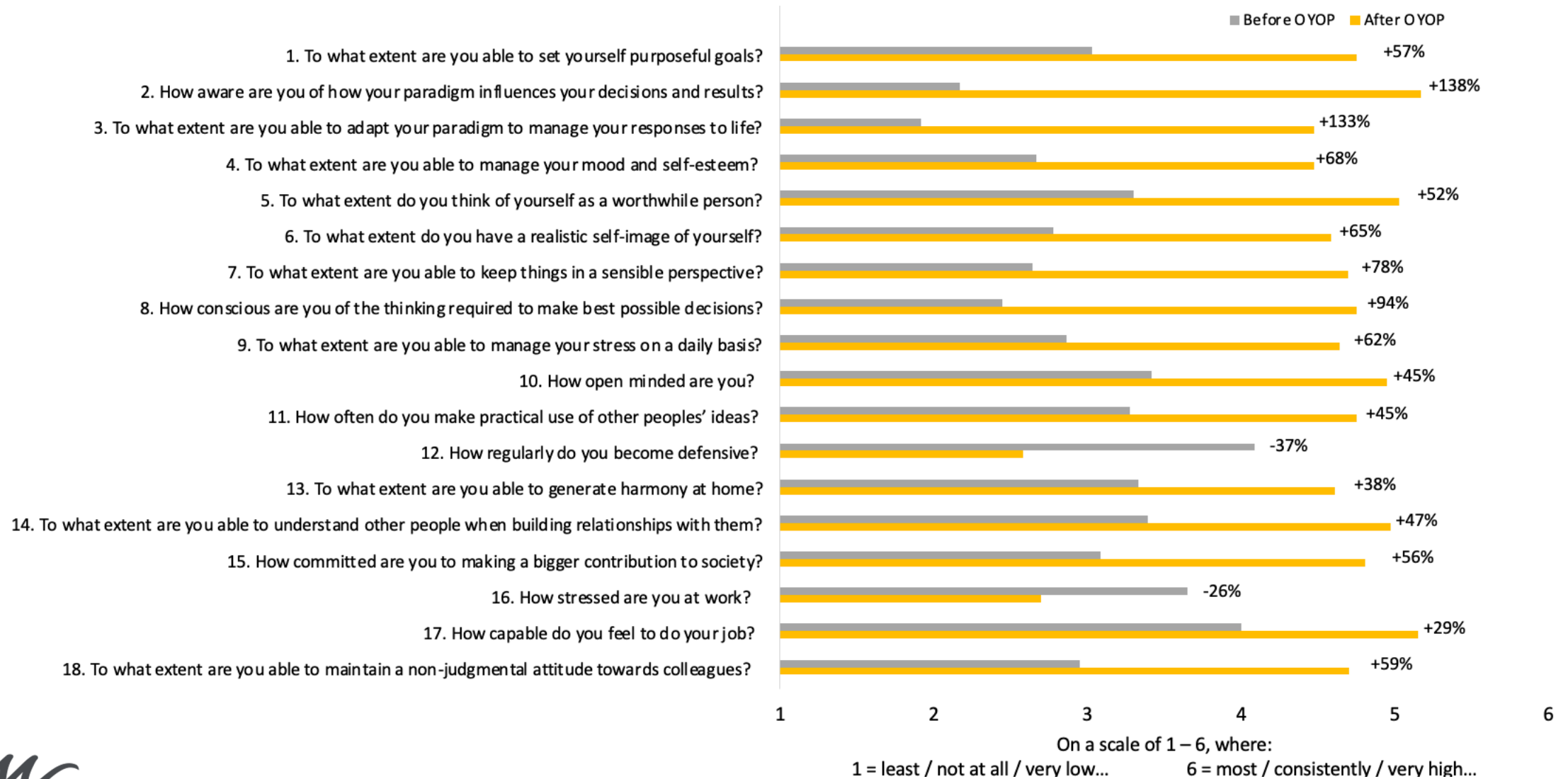


OPTIMISING YOUR OWN PERFORMANCE PROGRAMME RESULTS



OPTIMISING YOUR OWN PERFORMANCE PROGRAMME HIGHLIGHTS

