My title

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My abstract

# Heading 1

This is a template Rmd for rendering a MS Word document with custom styles, including

* line numbers for
* Headings are bold, underline, nothing.
* Arial Narrow 10pt for tables
* page breaks with style 'Heading 5'

Now knit this doc, and edit to update the styles in the resulting docx file. Then rename as 'template' and use this in the yml of the main Rmd:

output:  
 word\_document:  
 reference\_docx: templates/template.docx

See here for more information: <http://rmarkdown.rstudio.com/articles_docx.html>

## speed dist   
## Min. : 4.0 Min. : 2.00   
## 1st Qu.:12.0 1st Qu.: 26.00   
## Median :15.0 Median : 36.00   
## Mean :15.4 Mean : 42.98   
## 3rd Qu.:19.0 3rd Qu.: 56.00   
## Max. :25.0 Max. :120.00

## Heading 2

You can also embed plots, for example:



### Heading 3

Note that the echo = FALSE parameter was added to the code chunk to prevent printing of the R code that generated the plot.

#### Heading 4