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The crossword puzzle grid is 15 columns wide and 15 rows high. The top-left corner (rows 1-4, columns 1-4) contains a photograph of a male runner in a black and orange uniform, captured in mid-stride on a track. The rest of the grid is empty except for some pre-filled text and clues:

- Row 1, Column 10:  $+ 40^\circ$
- Row 10, Column 10: ...

Clues are indicated by small black triangles at the start of words:

- Row 1: Down clues at (1,1), (1,3), (1,5), (1,7), (1,9)
- Row 2: Down clue at (2,2)
- Row 3: Down clue at (3,1)
- Row 4: Down clue at (4,1)
- Row 5: Down clue at (5,1)
- Row 6: Down clue at (6,1)
- Row 7: Down clue at (7,1)
- Row 8: Down clue at (8,1)
- Row 9: Down clue at (9,1)
- Row 10: Down clue at (10,1)
- Row 11: Down clue at (11,1)
- Row 12: Down clue at (12,1)
- Row 13: Down clue at (13,1)
- Row 14: Down clue at (14,1)
- Row 15: Down clue at (15,1)

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