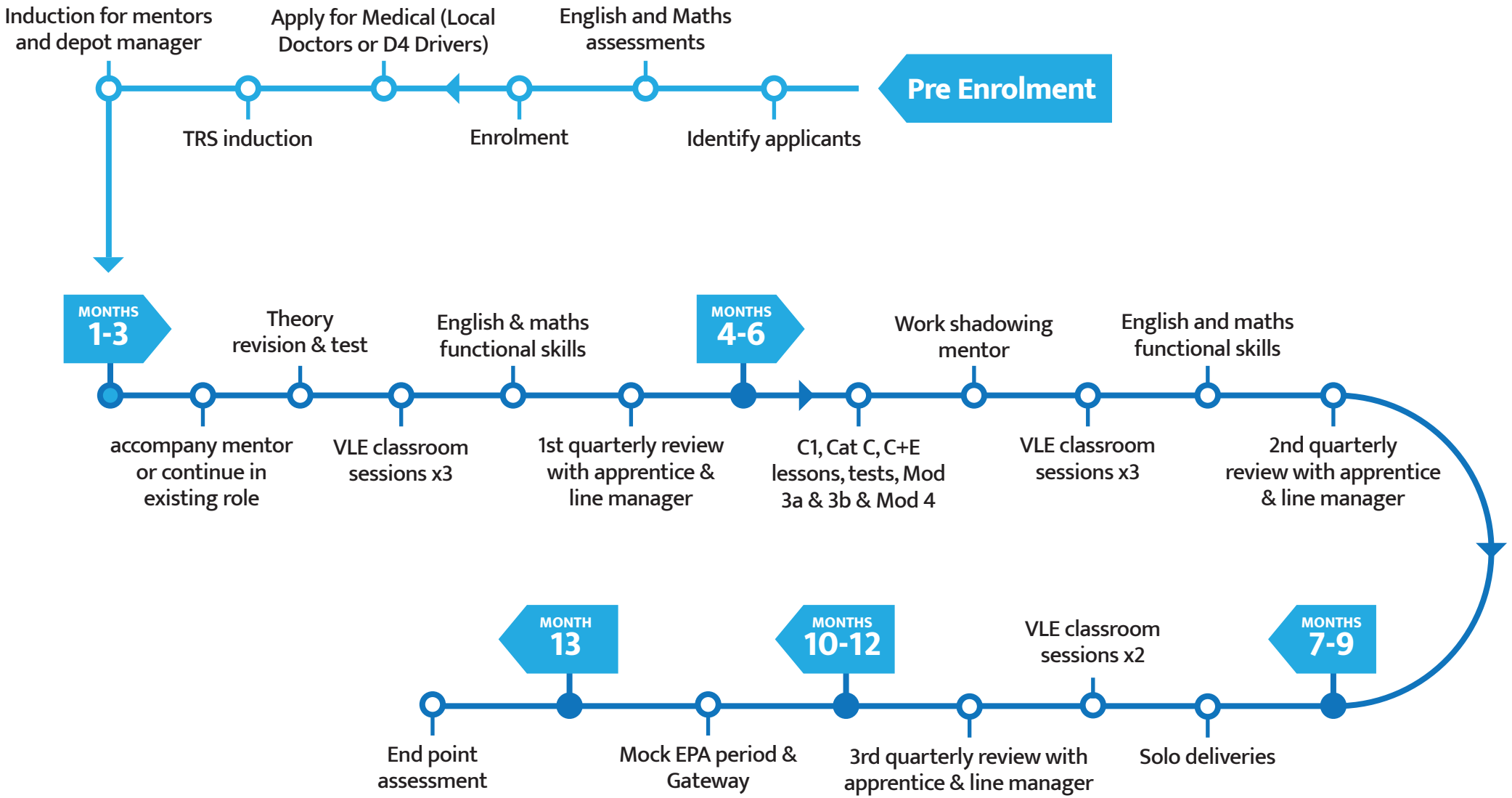TRS Training Ltd LGV Training plan