

# **Gwent County Football Association** **Cup Result Sheet**

## **Instructions.**

### **MICROSOFT OUTLOOK**

If you use outlook - click on the link "Result Sheet" on the Cup Competitions Section of the web site. The result sheet will download. Complete the sheet and finally click on the **SUBMIT** button at the bottom of the form.

This will send an email to your OUT BOX. Open up Outlook click Send/Receive and the email will be sent to Mr Dick Downes, Football & Competitions Secretary with the form attached.

### **WEB BASED EMAIL**

If you use a Web Based email, such as Yahoo or Google, click on the "Result Sheet" link on the Cup Competitions Section of the web site. The Result Sheet will download. Complete the sheet and then save the form to your desktop or documents folder. Open up your email account and compose an email to the Football & Competitions Secretary, Dick Downes (dickdownes@btinternet.com). Attach the saved file and send the email with the form attached.

You will need Adobe Reader to download the Result Sheet.

Any problems telephone Alan Watkins 01495 214388.