

Gwent County Association **Football League Result Sheet**

Instructions.

MICROSOFT OUTLOOK

If you use outlook - click on the link on the Gwent County League Section of the web site. Go the Result Sheet page and download the result sheet. 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 the League Secretary with the form attached.

WEB BASED EMAIL

If you use a Web Based email, such as Yahoo or Google, click on the link on the Gwent County League Section of the web site. Go the Result Sheet page and download the result sheet. 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 Gwent County League Secretary (**glynjonesgwentcountyfa@btinternet.com**). Attach the saved file and send the email with the form attached.

You will need Abode Reader to down load the Result Sheet.

Any problems telephone Alan Watkins 01495 214388.