

Southend-on-Sea Athletic Club Forum

Welcome to the instructions to sign up to the Southend AC Forum!
We hope that you find these instructions:

Firstly, you will need to open up the forum page itself. You can do this by clicking on the link below:
<http://southendacf.forumotion.com/index.htm>

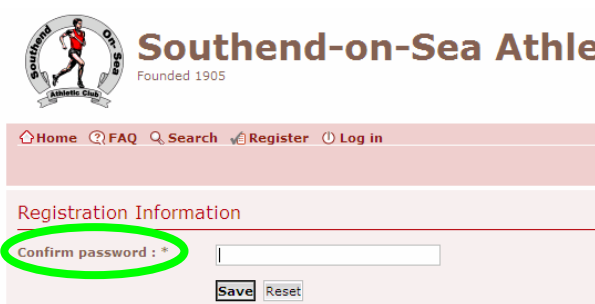
Once open, you will be welcomed by the Forums homepage! Now lets gets started!



Circled in green, is the next button you will need to press, the 'register' button. Once selected you will be asked to accept the term and conditions in using the forum. You must agree to accept to continue you registration.



The next screen will require you to enter a username, your email address, and a secure password. Note that all these fields are required to successfully complete registration. Next, hit the 'save' button underneath.



You will then be required to confirm you password on the next screen. If you do not then registration will no be successful!



Now you are almost there!

Your on the home straight! The next step will require you to open you inbox of the email in which you submitted to the site. You should have received an email from the club, with an activation link, click the link and a message will be displayed telling you if regitration was successful or not.

*You have successfully **registered!!***

Southend-on-Sea Athletic Club Forum

Now that you are registered member of the Forum, you are welcomed with the home page:
'Welcome to the SAC Forum'
click on the link.



Southend-on-Sea Athletic Club - Forum
Founded 1905

Home | FAQ | Search | Memberlist | Usergroups | Profile | You have no new messages | Log out [Administrator]

Search... Search

Welcome to the SAC Forum

NEWTOPIC* Search Search

Southend-on-Sea Athletic Club - Forum :: Welcome to the SAC Forum

Mark all topics read • Actions
Page 1 of 2 • [1] [2] >

TOPICS	REPLIES	VIEWS	LAST POSTS
Essex Way Relays by jimbo	8	78	jimbo ☐ Fri 5 Jun 2009 - 15:16
Bye bye Michael by Ft	0	18	Ft ☐ Thu 7 May 2009 - 14:15
2009 road races by jimbo	5	50	Ft ☐ Thu 7 May 2009 - 14:10
The painful truth about trainers: Are running shoes a waste of money? by Frank Victor Swift	2	26	Frank Victor Swift ☐ Mon 27 Apr 2009 - 9:40
London marathon by jimbo	47	337	jimbo ☐ Mon 27 Apr 2009 - 7:33
Kinder Trog by Frank Victor Swift	1	26	jimbo ☐ Fri 24 Apr 2009 - 11:22
THE UPDATE/3 & FINAL - Travel arrangements - the FLORA LONDON MARATHON 2009 by GrahanH	2	24	jimbo ☐ Fri 24 Apr 2009 - 11:20
Construction work at Garon Park... by Administrator	1	37	hannah17920 ☐ Thu 16 Apr 2009 - 22:36

As you are now a registered user of the Forum, you are free to browse all topics that have been placed by members of the club.

Essex Way Relays

NEWTOPIC* **POSTREPLY** Southend-

Essex Way Relays
jimbo on Sun 19 Apr 2009 - 19:19

If you wish to have an input in a topic then all you have to do is:

- 1) Click on the topic you are interested in
- 2) You are then able to read other users comments, and more details about the topic title
- 3) To post you comment, simply click the 'POSTREPLY' button located above the topic



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Search... Search

Current date/time is Sun 7 Jun 2009 - 18:53
Your last visit was on Sun 7 Jun 2009 - 18:34

Welcome to the SAC Forum

NEWTOPIC* Search Search

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The welcome screen is where you will be able to post a new topic about whatever you would like!
Simply click on the 'NEWTOPIC' button located at the top of the screen. From here you can write full details about your newtopic.