

## **Spond set up instructions**

### **Registering:**

1. Search for the Spond app on either Apple I-Tunes or Google Play store and download it  
Or  
Visit the Spond website ([www.spond.com](http://www.spond.com))
2. Sign up with your details

### **You'll need the club code:**

1. Contact Matt Gwilym for the club code that you'll need to input (either contact Matt through Facebook or on [DCHchair@gmail.com](mailto:DCHchair@gmail.com))
2. In your message to Matt, let him know which group you train with so he can assign you to the correct one
3. Once you've got the code, search for "Durham City Harriers" in the search bar

### **Once you've got the code and registered (if you're accessing Spond through the app):**

- Go on to "notifications" (little bell symbol at the bottom left of the screen next to the "home" symbol)
- Turn on all notifications by pressing the buttons on the right hand side of the page (this is important, as you will then be notified whenever there are any new posts, or whenever you are invited to any training/race events)