

TIP No. 1 :

Retrieving your password (if you were silly enough not to write it down)

1. Log onto site : www.myspread.co.uk
2. Click on “Lost my password” and follow the instructions – you will receive an email
3. .. or email to : spread@relentlesspursuit.co.uk
4. Write it down somewhere or change it to something more memorable
5. Don't forget next time !!

A screenshot of a login form. It has two input fields: "Login name" and "Password". Below the "Password" field is a checkbox labeled "Remember me" and a red "Login !" button. A red rectangle highlights the link "Lost my password ...". A red arrow points from the second step of the list to this link. At the bottom of the form is a blue banner with the text "New User Register Now! Free" and a green circular arrow icon.