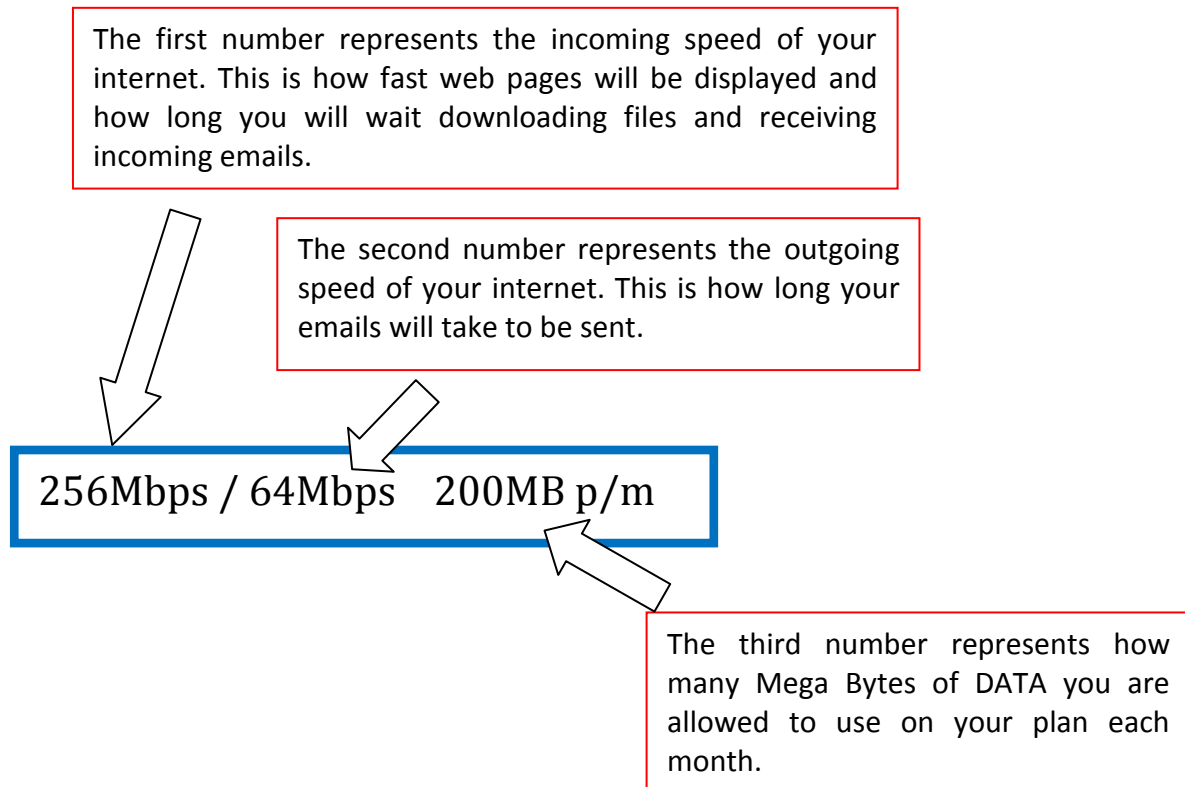


## Technical Note on ADSL internet speeds & download limits :

It is common to misconstrue a suitable internet plan for individual users needs. The first mistake many make is to not understand the numbers. The example below helps explain them.



*In the above example, the plan is ridiculously inadequate.* Web pages will be slow to open. Sending emails with image attachments will take forever and video streaming and VOIP programs such as 'Skype' will stutter and stop and start.

I always recommend **1500Mbps / 256Mbps 400MB p/m** as a starter plan. Knowing what the numbers mean is still not enough to make a proper decision of what plan to sign up to. The second mistake is to 'guess' your monthly download limit by estimating the average size of your incoming emails. Unknown by many is the fact that modern computers download megabytes of various updates and security patches every week. These can add up to a very surprising amount if you knew where to look.

The following pages show examples of the size of some of these updates over a period of 12 months. Depending on what products you have installed on your computer, your yearly updates may be a lot more than this conservative average.

## Examples of some basic downloaded updates over a 12 month period.































Java is a programming language used to display content on some web pages. If you don't keep it updated you won't be able to display some web pages.

### Java updates: Total 567MB

 J2SE Runtime Environment 5.0 Update 1	Size 117.00MB
 Java(TM) 6 Update 7	Size 114.00MB
 Java(TM) 6 Update 5	Size 114.00MB
 Java(TM) 6 Update 3	Size 111.00MB
 Java(TM) 6 Update 2	Size 111.00MB

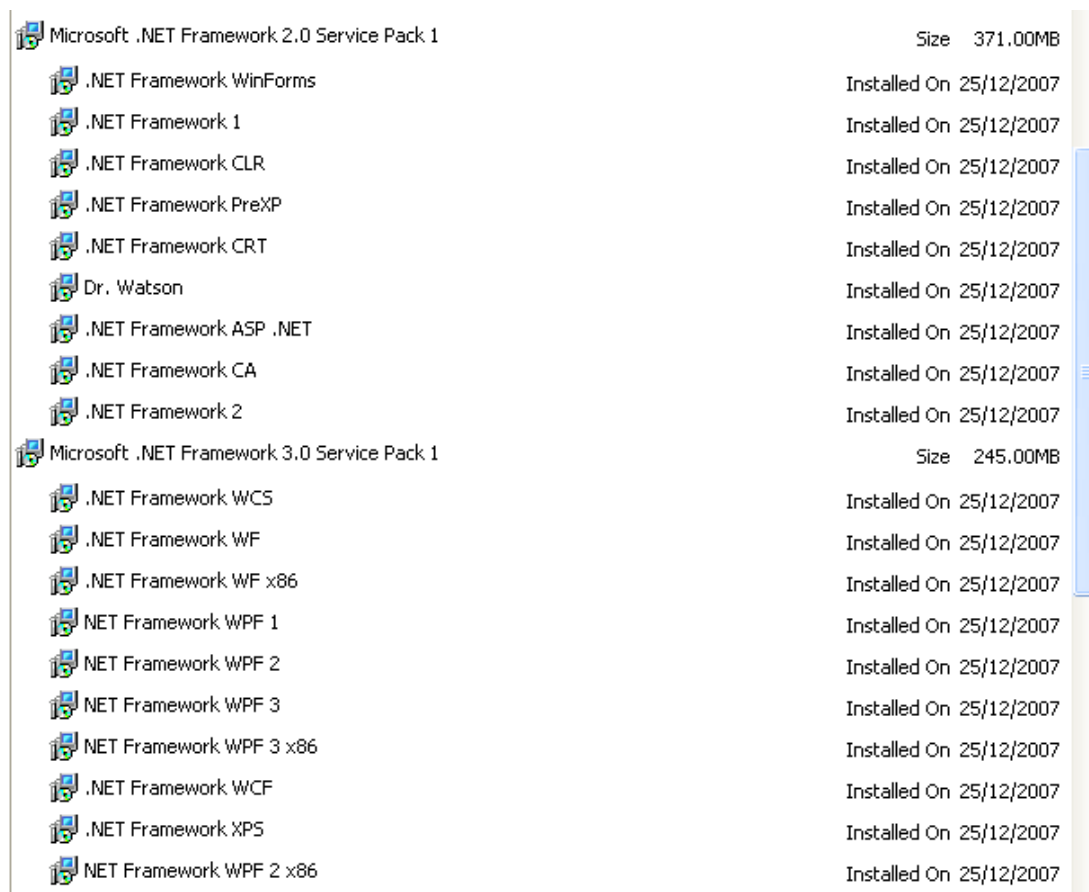
Microsoft updates are critical to your security systems whilst connected to the internet. Ignore these at your peril.

### Microsoft updates: Total 467MB

 Windows Genuine Advantage Validation Tool (KB892130)	Installed On 25/06/2007
 Windows Internet Explorer 7 - Software Updates	
 Security Update for Windows Internet Explorer 7 (KB933566)	Installed On 26/06/2007
 Security Update for Windows Internet Explorer 7 (KB938127)	Installed On 15/08/2007
 Security Update for Windows Internet Explorer 7 (KB937143)	Installed On 15/08/2007
 Security Update for Windows Internet Explorer 7 (KB939653)	Installed On 13/10/2007
 Security Update for Windows Internet Explorer 7 (KB942615)	Installed On 14/12/2007
 Security Update for Windows Internet Explorer 7 (KB944533)	Installed On 15/02/2008
 Hotfix for Windows Internet Explorer 7 (KB947864)	Installed On 9/04/2008
 Security Update for Windows Internet Explorer 7 (KB950759)	Installed On 11/06/2008
 Security Update for Windows Internet Explorer 7 (KB953838)	Installed On 16/08/2008
 Windows XP - Software Updates	
 Security Update for Windows XP (KB923789)	
 Hotfix for Windows Media Format 11 SDK (KB929399)	Installed On 26/06/2007
 Security Update for Windows Media Player 11 (KB936782)	Installed On 15/08/2007
 Hotfix for Windows Media Player 11 (KB939683)	Installed On 4/09/2007
 Security Update for Windows XP (KB941569)	Installed On 14/12/2007
 Windows Imaging Component	Installed On 24/12/2007
 Security Update for Windows XP (KB951376)	Installed On 11/06/2008
 Security Update for Windows XP (KB951698)	Installed On 11/06/2008
 Security Update for Windows XP (KB950762)	Installed On 11/06/2008
 Security Update for Windows XP (KB950760)	Installed On 11/06/2008
 Security Update for Windows XP (KB951376-v2)	Installed On 22/06/2008
 Update for Windows XP (KB951978)	Installed On 9/07/2008
 Security Update for Windows XP (KB951748)	Installed On 9/07/2008
 Security Update for Windows XP (KB950974)	Installed On 16/08/2008
 Hotfix for Windows XP (KB952287)	Installed On 16/08/2008
 Security Update for Windows XP (KB951066)	Installed On 16/08/2008
 Security Update for Windows XP (KB952954)	Installed On 16/08/2008
 Security Update for Windows XP (KB946648)	Installed On 16/08/2008
 Update for Windows XP (KB951072-v2)	Installed On 16/08/2008
Security Update for Windows XP (KB953839)	Installed On 16/08/2008
Security Update for Windows XP (KB938464)	Installed On 11/09/2008
Security Update for Windows Media Player 11 (KB954154)	Installed On 11/09/2008
Windows Genuine Advantage Notifications (KB905474)	Installed On 1/10/2008
Windows XP Service Pack 3	

Microsoft .NET Framework is a programming language used by many new applications and hardware drivers. If you don't keep it updated your system may become unstable and some programs will no longer work properly.

### Microsoft .NET Framework updates: Total **877MB**



Update Name	Size	Installed On
Microsoft .NET Framework 2.0 Service Pack 1	371.00MB	
.NET Framework WinForms		Installed On 25/12/2007
.NET Framework 1		Installed On 25/12/2007
.NET Framework CLR		Installed On 25/12/2007
.NET Framework PreXP		Installed On 25/12/2007
.NET Framework CRT		Installed On 25/12/2007
Dr. Watson		Installed On 25/12/2007
.NET Framework ASP .NET		Installed On 25/12/2007
.NET Framework CA		Installed On 25/12/2007
.NET Framework 2		Installed On 25/12/2007
Microsoft .NET Framework 3.0 Service Pack 1	245.00MB	
.NET Framework WCS		Installed On 25/12/2007
.NET Framework WF		Installed On 25/12/2007
.NET Framework WF x86		Installed On 25/12/2007
NET Framework WPF 1		Installed On 25/12/2007
NET Framework WPF 2		Installed On 25/12/2007
NET Framework WPF 3		Installed On 25/12/2007
NET Framework WPF 3 x86		Installed On 25/12/2007
.NET Framework WCF		Installed On 25/12/2007
.NET Framework XPS		Installed On 25/12/2007
NET Framework WPF 2 x86		Installed On 25/12/2007

Anti Virus program updates **520MB ( per year )**

Anti spyware & malware updates **420MB ( per year )**

These examples show over **2800MB** of system updates that were downloaded into every Windows XP computer over the last year. ( Windows Vista had similar sized updates )

This represents approximately **240MB** per month that most users were totally unaware of.

*From this information you can see why 400MB p/m or higher is a more sensible start for an ADSL internet plan. Also it is important to monitor your usage throughout the month to ensure you are not going over your limit as some plans will charge you more if you exceed your limit where others will simply slow down your connection speeds.*