

Running a procedure every x seconds

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Hi,

I'm new to Delphi, so forgive me for the "noob" posting.

I have an application that reads an XML page from the web and saves the data to a text file. At the moment this process is triggered manually from a button press – what I want to do is remove the button and instead have this process happen every 30seconds from when the application is launched.

What's the best way of doing this?

Thanks in advance,

Simon