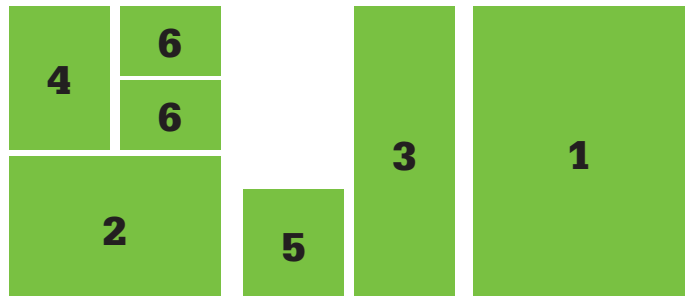


### ADVERT SIZES



<b>Double Page Spread</b>	296 x 210 mm (303 x 216mm with 3mm page bleed)
<b>Full Page (1)</b>	148 x 210 mm (154 x 216mm with 3mm page bleed)
<b>Half page (landscape) (2)</b>	124 x 89 mm (no bleed required)
<b>Half page (vertical) (3)</b>	60 x 181 mm (no bleed required)
<b>Quarter Page (4)</b>	60 x 89 mm (no bleed required)
<b>Three Sixteenths (5)</b>	60 x 65 mm (no bleed required)
<b>Eighth Page (6)</b>	60 x 42 mm (no bleed required)

### SUPPLIED FORMATS

We can accept artwork for advertisements in the following formats:

- High resolution print ready PDF
- Illustrator eps
- Print resolution (300 dpi) jpeg, tiff, eps or psd files
- Quark Xpress (collect for output)
- Adobe Indesign (collect for output)

Supply via email or via post on CD, DVD or we can download from your FTP site.

If you have any queries, please do not hesitate to contact us on **01491 203050**