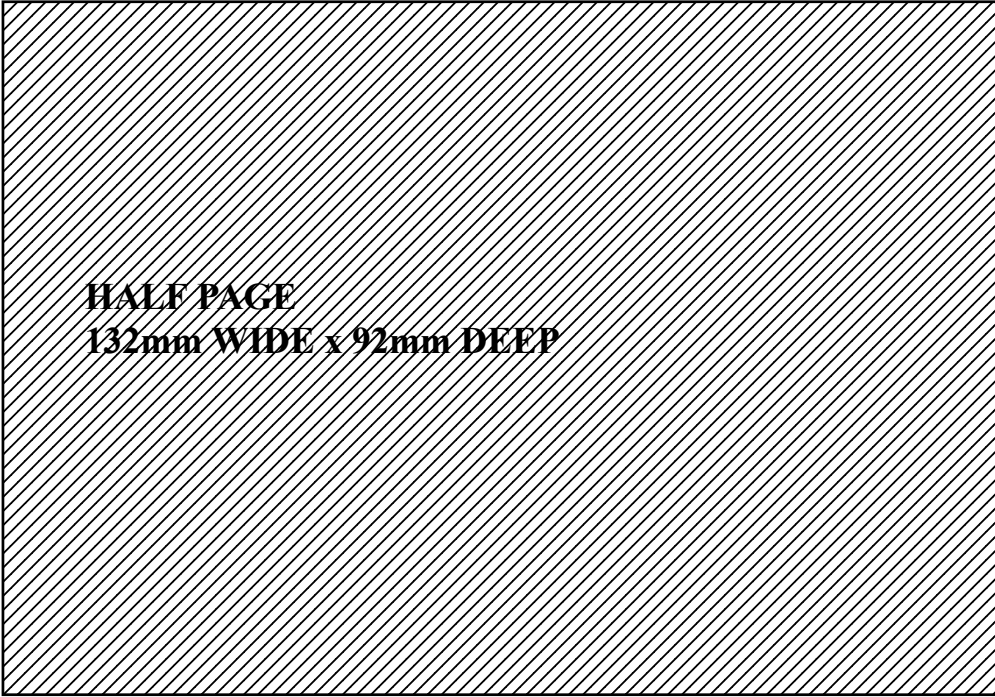


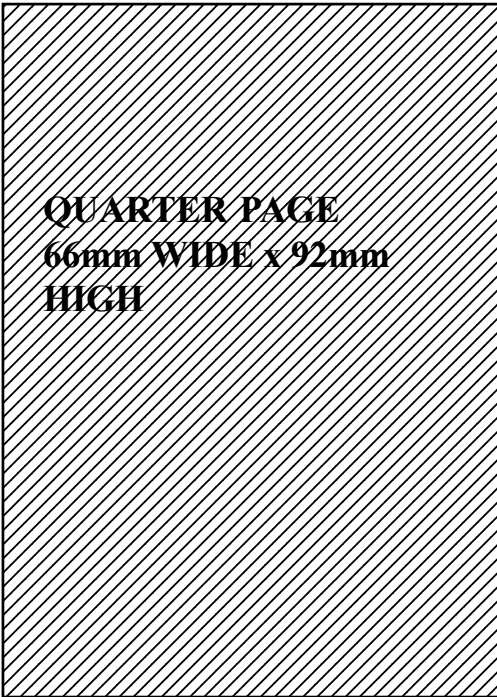


FULL PAGE (no bleed)
132mm WIDE x 187mm DEEP

FULL PAGE bled off
A5 142mm WIDE x 210mm DEEP
PLUS 3mm bleed all round



HALF PAGE
132mm WIDE x 92mm DEEP



QUARTER PAGE
66mm WIDE x 92mm
HIGH

We will be using a professional printer

All images should be CMYK

Your advertisement should be in PDF format

At least 300dpi, 600 dpi preferred
With crop marks

If we are to convert from RGB to CMYK we cannot guarantee colours.