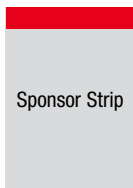


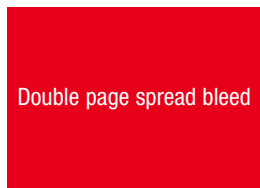
Double page spread

**DOUBLE PAGE SPREAD**  
380mm Wide x 270mm High



Sponsor Strip

**SPONSORSHIP STRIP**  
220mm Wide x 30mm High  
Copy Area: 182mm Wide x 25mm High



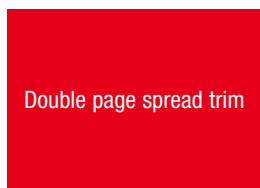
Double page spread bleed

**DPS BLEED**  
430mm Wide x 307mm High



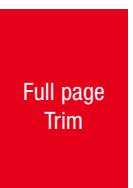
Full page bleed

**FULL PAGE BLEED**  
220mm Wide x 307mm High



Double page spread trim

**DPS TRIM**  
420mm Wide x 297mm High



Full page Trim

**FULL PAGE TRIM**  
210mm Wide x 297mm High

**DOUBLE PAGE SPREAD:**

Copy Area - 380mm x 270mm  
Trim - 420mm x 297mm  
Bleed - 430mm x 307mm

**FULL PAGE:**

Copy Area - 183mm x 270mm  
Trim - 210mm x 297mm  
Bleed - 220mm x 307mm

**HALF PAGE:**

Horizontal: 178mm x 130mm  
Upright: 90mm x 270mm

**QUARTER PAGE:**

Copy Area: 85mm x 130mm

**SPONSORSHIP STRIP:**

Copy Area: 182mm x 25mm  
Trim: 220mm x 30mm



**1/2 PAGE LANDSCAPE**  
178mm Wide x 130mm High



**1/4 PAGE**  
85mm Wide x 130mm High



**1/2 PAGE UPRIGHT**  
90mm x 270mm High



mechanical data

If submitting copy as a computer generated file, please supply as Adobe InDesign together with all relevant graphics and fonts. We also accept PDF files and EPS files with all fonts embedded. All images received on email or on disc must be of a high quality resolution – 300ppi (pixels per inch) or higher. It is preferable that all artwork be supplied on CD together with a full colour proof. Apple Mac format only please. Assistance with copy preparation is freely available if required.

COLOUR SEQUENCE:

Cyan – Magenta – Yellow – Black



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