Finished adverts should be supplied at high resolution (300dpi) in JPEG or PDF format.

Full page adverts should have a minimum of 3mm bleed on all four sides.

If supplying **images or logos** for inclusion within an advert, these too should be high resolution (300dpi) JPEGs or EPS files.

Text should be supplied as a Microsoft Word document or typed out within an email.

Full page A4 advert - with bleed
Finished size: **W 210 x H 297 mm**

To be supplied with 3mm bleed
on all sides, and crop marks.

Text and logos to sit within
the area denoted by the
dotted line: **W 190 x H 277 mm**

Full page A4 advert - inset
Finished size: **W 190 x H 277 mm**

Text and logos to sit within
the area denoted by the
dotted line: **W 180 x H 267 mm**

Half page horizontal advert
Finished size: **W 190 x H 136 mm**

Text and logos to sit within
the area denoted by the
dotted line: **W 180 x H 126 mm**

Quarter page advert
Finished size: **W 92.5 x H 136 mm**

Text and logos to sit within
the area denoted by the
dotted line: **W 82.5 x H 126 mm**

Half page vertical advert
Finished size: **W 92.5 x H 277 mm**

Text and logos to sit within the text/image area denoted by the dotted line: **W 82.5 x H 267 mm**