

**Mechanical Data - Effective 1st January 2023**

Full Page	mm
Bleed	303 x 216
Trim	297 x 210
Type	254 x 178

**Half Page Horizontal**

Bleed	152 x 216
Trim	146 x 210
Type	124 x 178

**Half Page Vertical**

Bleed	303 x 102
Trim	297 x 96
Type	254 x 86

**Quarter Page**

Standard	124 x 86
Horizontal	59 x 178
Vertical	254 x 43
Vertical Bleed	303 x 58
Vertical Trim	297 x 52

**Third Page**

Horizontal	80 x 178
Vertical	254 x 72
Vertical Bleed	303 x 78
Vertical Trim	297 x 72

Junior Page	190 x 130
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**Double Page Spread**

Bleed	303 x 426
Trim	297 x 420
Type	254 x 394

**Half Page Spread**

Bleed	151 x 426
Trim	146 x 420
Type	124 x 394

Ads should be supplied as Mac or PC formatted Quark, Adobe Illustrator, Adobe Photoshop or PDF files with any images saved as TIFF or EPS files.

Colour images should be saved as CMYK. Mono images should be saved as grayscale. Graphics should be saved at 300dpi at the size to be published.

PDF files should be distilled with compression set at highest quality, all fonts embedded.

It should be noted that extra charges will be made for all supplementary work and any additional work caused by not adhering to the requested formats at a rate of £40/hour.

Printing Method: Web Offset

**INSERTS**

For information on deadlines, mechanical specifications, quantity, shipping and costs, please contact your local account executive. A copy of each insert must be supplied prior to quotation.

**BOUND-IN PRODUCT CARDS**

Type Area: 90 x 172mm  
Trim size: 92 x 180mm

**FRONT COVER PICTURE**

Trim size: 186 (w) x 176mm (d)