

## Mechanical Specification

Ad Size (Height x Width)	Bleed	Trim	Type
Double page spread	286 x 426mm	280 x 420mm	260 x 400mm
Full page	286 x 216mm	280 x 210mm	260 x 190mm
Half page Horizontal	138 x 216mm	135 x 210mm	125 x 190mm
Half Page Vertical	286 x 103mm	280 x 100mm	260 x 90mm
Quarter page horizontal	n/a	n/a	65 x 190mm
Page Sponsor (Eighth Page Horizontal)	n/a	n/a	33 x 190mm
Front cover advertisement	n/a	n/a	40 x 190mm

All files should be supplied in PDF 1.3 format.

PDF files should adhere to the PPA 'Pass for Press' standard.

Full details can be found at: [www.pass4press.com](http://www.pass4press.com).

Please contact [sean.marshall@synthesismedia.co.uk](mailto:sean.marshall@synthesismedia.co.uk) for any mechanical queries.