

# Production and Mechanical Data

## PAGE SIZES

Note: Sizes shown are height x width (mm)

Sizes (mm) (Height x Width)	Type	Trim	Bleed
Tabloid Double Page Spread	356x566 <i>Inc. 17mm Gutter</i>	389x586	400x600
Tabloid Full Page	356x274	389x292	400x302
Tabloid Half Page - Vertical	356x135	389x145	400x155
Tabloid Half Page - Horizontal	178x274	198x292	203x302
Tabloid Quarter Page	178x135	-	-
Tabloid Quarter Page - Horizontal	90x274	110x292	115x302
A4 Double Page Spread	254x376 <i>Inc. 17mm Gutter</i>	-	-
A4 Page	254x178	-	-
A4 Half Page - Vertical	254x88	-	-
A4 Quarter Page	127x88	-	-
A4 Quarter Page - Horizontal	62x178	-	-
A4 Half Page - Horizontal	127x178	-	-
Front Cover Page - Solus	70x274	-	-

- 1 column width = 42mm
- 2 column width = 88mm
- 3 column width = 135mm
- 4 column width = 178mm

**PHAM News is produced digitally therefore, advertisement copy is to be supplied as follows:**

1. By email to [info@phamnews.co.uk](mailto:info@phamnews.co.uk)
2. On CD or DVD  
(Apple Mac compatible)
3. Via a web transfer service using  
[www.yousendit.com](http://www.yousendit.com)  
or [www.wetransfer.com](http://www.wetransfer.com)

### Preferred Files

High resolution PDF with no security or password protection. All images must be CMYK and high resolution and all fonts must be embedded and subset (job options available on request).

For advertisements supplied as image files, 600dpi minimum is recommended.

### Bleed

For bleed advertisements please allow 5mm at the top, bottom and fore edge.

### Production Contact

Helen Green - Tel: **01889 577222**  
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### Publication Deadlines

*Publication Date:*

First week of month of cover date

*Copy date:* 3 weeks prior to publication

*Cancellation:* 6 weeks prior to publication

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