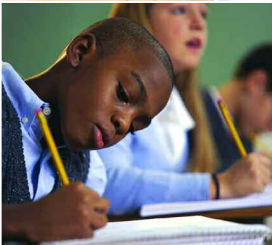
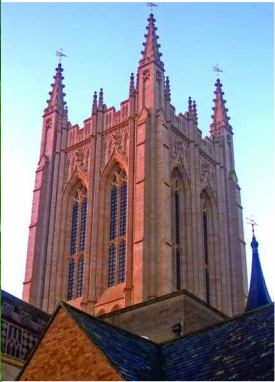
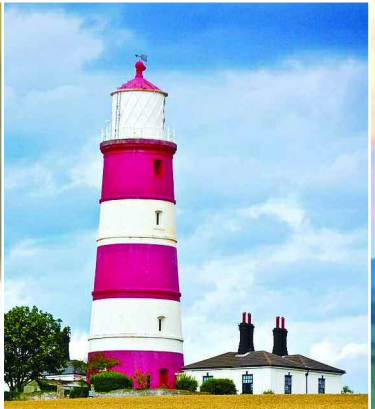


SUFFOLK NORFOLK LIFE

A GUIDE TO ADVERTISING IN THE MAGAZINE



Monthly Advertisement Rates

All prices quoted are exclusive of VAT

Prime Colour pages

Outside Back Cover	:	£ 975.00
Inside Front Cover	:	£ 875.00
Inside Back Cover	:	£ 850.00
Page 3 quarter landscape	:	£ 350.00

Run of magazine

Full page	:	£ 800.00
Half page	:	£ 575.00
Quarter page	:	£ 300.00
Eighth page	:	£ 150.00
Sixteenth page	:	£ 75.00
Guaranteed position	:	10% premium

Series discounts

3 months	15%
6 months	20%
12 months	30%

Directories (minimum 3 insertions)

Fifth page	:	£ 125.00 (per insertion)
Tenth page	:	£ 75.00 (per insertion)
Twentieth page	:	£ 45.00 (per insertion)



Monthly Advertising Options



Good Food Guide



Eating Out



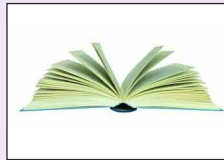
Gardens



Interiors



Arts and Entertainment



Run of Magazine

Seasonal Advertising Options



Independent Schools
January, April, September



Golf & Leisure
April, July



Life After Retirement
February, October



Suffolk & Norfolk Shows
Suffolk- May, Norfolk June



Weddings
January, September



Out & About
Easter, Summer



Care of the Elderly
March, August



Christmas
October - December



How to Supply Adverts

File Formats

We can accept the following files for adverts:
PDF - JPEG - TIFF - Quark files (with all images supplied).

Word files and Publisher files can be worked with in most cases.
The best resolution for supplying adverts and images is 300dpi.

We also offer a full design service which is **FREE OF CHARGE**.

Where to send your advert copy

You can email your advert to:

life@todaytypeanddesign.com

(For large files please use www.yousendit.com or similar file sharing website)

You can also post your advert copy to the address below

Advert copy will be required by the 12th of the month previous

Sizes

1/20th

H50mm x W42mm.

1/16th

Portrait: H65mm x W42mm.

Landscape: H32mm x W90mm.

1/10th

Portrait: H100mm x W42mm.

Landscape: H50mm x W90mm.

1/8th

Portrait: H137mm x W42mm.

Landscape: H65mm x W90mm.

1/5

Portrait: H100mm x W90mm.

Landscape: H50mm x W186mm.

1/4

Portrait: H137mm x W90mm.

Landscape: H65mm x W186mm.

1/2

Portrait: H278 x W90mm.

Landscape: H137mm x 186mm.

PAGE

H276mm x W186mm or

A4 (H297mm x W210mm) with a
3mm bleed if bled off page.

**SUFFOLK
NORFOLK LIFE**

Today Magazines Ltd
The Publishing House, Station Rd,
Framlingham, Suffolk IP13 9EE
Tel: 01728 622030
www.suffolknorfolklife.com