

Your details will appear here
Please supply your text in a separate Simpletext/.txt document

Suggested image area:
193 x 178mm (will align with text at top)

**You may place your images anywhere
apart from over the grey area.**

**If you choose to bleed images please
allow an extra 3mm to go off the page edges**

**Please note: page number will print
black or white depending on the image.**

No text is allowed within this image area except for relevant captions.
No web addresses or any other contact details may be included
in this area, this includes any artwork with a self-promotional
web address in it.

**Please make sure you read the
technical information sheet**

**Suggested image area:
193mm x 195mm**

**No text is allowed within this image area except for relevant captions.
No web addresses or any other contact details may be included
in this area, this includes any artwork with a self-promotional
web address in it.**