

ROP Rates	BW per Col/cm	FC per Col/cm
Main Body	R122.00	R152.00
Vacancies / Auctions / Tenders / Notices	R122.00	R152.00

Insert Rates	Rate/1000
Tabloid	R664.00
Tabloid	R762.00
Tabloid	R878.00
Tabloid	R1010.00
Tabloid	R1160.00
Tabloid	R1332.00
Tabloid	R1534.00

### Distribution Areas

Croydon, Faure, Firgrove, Gordon's Bay, Lwandle, Macassar, Nomzamo, Raithby, Sir Lowry's Pass, Somerset West, Strand

## Material & Insert Deadlines

Publication	ROP Booking Deadline	ROP Material Deadline	Inserts Booking Deadline	Inserts Material Deadline	Inserts Delivery Address	Inserts Delivery Contacts
Helderberg Gazette & District Mail	Thursday 09:00	Thursday 17:00	1 week prior	Thursday & Friday prior	Paarl Coldset, 5 Lynx Road, Paarden Island, Cape Town, 7420	(021) 514 5503