

ROP Rates	BW per Col/cm	FC per Col/cm
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Insert Rates	Rate/1000
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#### Distribution Areas

Bay View, Pelikan Park/Heights, Portlands, Rcklands, Tafelsig, The Farm - Mount Clare, The Leagues, Weltevreden Valley & Rondovlei, Weltevreden? & Weltevreden?North, Westgate, Westridge, Westridge Heights, New Woodlands, New Lentegeur, Beacon Valley, Colorado, Eastridge, Lentegeur, London Village, Lost City, Mitchell's Plain, Mandelay, Merrydale, Mount Clare, Morgenster, Woodlands

## Material & Insert Deadlines

Publication	ROP Booking Deadline	ROP Material Deadline	Inserts Booking Deadline	Inserts Material Deadline	Inserts Delivery Adress	Inserts Delivery Contacts
People's Post Mitchell's Plain	Thursday 12:00	Friday 9:00	1 week prior	Thursday & Friday prior	5 Lynx Road, Paarden Island, Cape Town, 7420	(021) 514 5503