

ROP Rates	BW per Col/cm	FC per Col/cm
Main Body	R41.00	R81.00
Combid Main Body (All 10 Editions)	R310.00	R350.00
4 Combo Vacancies / Auctions / Legal Notices (Classifieds Sections)	R120.00	R160.00
5 Combo Vacancies / Auctions / Legal Notices (Classifieds Sections)	R158.00	R198.00

Insert Rates	Rate/1000
Tabloid	R491.00
Tabloid	R563.00
Tabloid	R649.00
Tabloid	R745.00
Tabloid	R858.00
Tabloid	R985.00
Tabloid	R1134.00

#### Distribution Areas

Cafda Village, Coniston Park, Elfindale / Punts Estate, Heathfield, Hillview, Lavender Hill, Lavender hill - (RDP), Retreat, Seawinds, Sheraton Park, Southfield, Steenberg, Vrygrond

## Material & Insert Deadlines

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