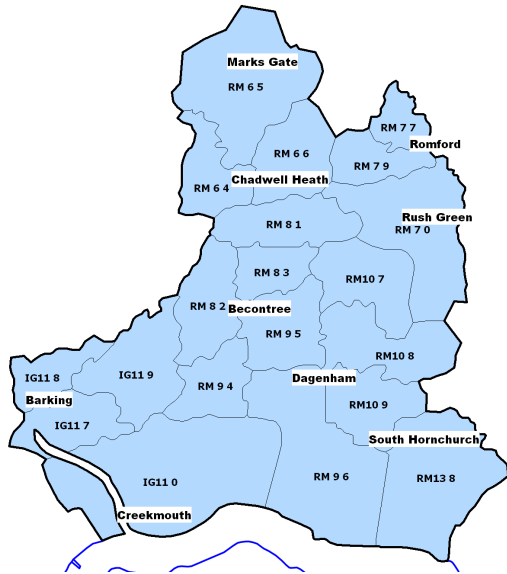


Free online lineage adverts with our online business directory – call now to register your company

www.bdpost.co.uk



The **Barking & Dagenham Post** is the biggest selling paid for newspaper in the area. Few homes are without a copy each week, with this newspaper being one of a few that are still passed down from generation to generation. Yes, there is the online community as well that is growing, but the printed version is still as popular now, with a weekly reach of over 31,000* adults.

There is no doubt that local news is the most important factor to this newspaper, closely followed by local and national sports coverage, which includes "Hammers Focus".

A strong property section showing properties for sale and rent makes this a firm favourite with people moving to the borough, as well as a strong classified and jobs section. Businesses wanting to attract new or repeat business in the area, should consider this newspaper as part of their marketing campaign.

Post Newspapers • Media House 539 High Rd, Ilford, Essex IG1 1UD

Tel: 020 8478 4444 Fax: 020 8477 3710

elaine.allen2@archant.co.uk

Essex & East London Division Classified & Recruitment Advertising

graham.willis@archant.co.uk

The Post, Recorder Series and Stratford & Newham Express ROP

jackie.ross@archant.co.uk

Essex & East London Division Classified, Features & Private

janette.clark@archant.co.uk

Essex & East London Division Property & Motors

AVERAGE WEEKLY ADULT AUDIENCE

31,510*

SOURCE: *JICREG 1/10/09 – 28,734
Average Wkly UV's JJ 09 Omniture – 2,776

JICREG

ONLINE ADVERTISING RATES

£150 +VAT

PER 10,000 PAGE IMPRESSIONS

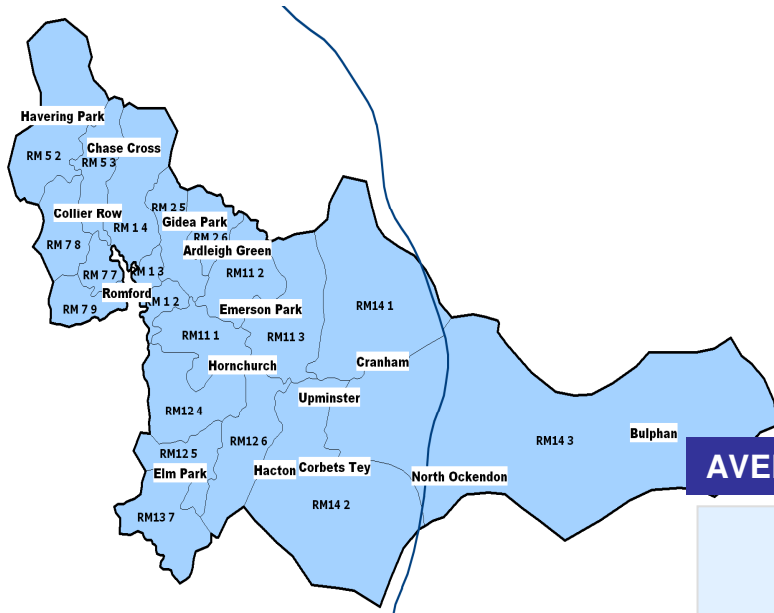
PUBLISHED: WEDS	Rates per sccm	Booking & Copy Deadline
Run of Paper (editorial pages)	£8.00	Mon 14:00
Property Section	£8.00	Mon 12:00
Motors Section	£8.00	Mon 14:00
Recruitment Section	From £33.66	Mon 17:00
Classified	£19.00	Mon 16:00
Entertainments Section	£8.00	Mon 14:00
Public Notices	£21.26	Mon 17:00

Page size 340mm x 267mm

Special positions & full colour will incur extra charge



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Romford town centre is the third largest retail centre in London and is increasingly becoming recognised for financial services as well as a leisure destination.

The **Romford & Havering Post** is therefore perfectly placed to help promote businesses which are based in and on the outskirts of the town centre.

With a free door to door distribution of over 30,000 copies every week, the Romford & Havering Post manages to reach 65% of the ABC1 homes owners in the area, suggesting that your advert will reach homes who have money to spend.

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janette.clark@archant.co.uk

Essex & East London Division Property & Motors

AVERAGE WEEKLY ADULT AUDIENCE

45,428*

SOURCE: *JICREG 1/10/09



ONLINE ADVERTISING RATES

£150 + vat

Monthly tenancy

PUBLISHED: WEDS	Rates per sccm	Booking & Copy Deadline
Run of Paper (editorial pages)	£8.00	Tue 12.00
Property Section	£8.00	Mon 17.00
Motors Section	£8.00	Mon 17.00
Recruitment Section	From £33.66	Mon 17.00
Classified	£19.00	Mon 13.00
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