



# MEDIA GUIDE 2026

 ILIFFE MEDIA

PRINT ONLINE MOBILE

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TRUST LOCAL

 LILIFFE MEDIA

# ASHFORD & TENTERDEN



## 15,552

WEEKLY READERS

Publisher's statement (October 2024)



## 567,979

MONTHLY UNIQUE VISITORS

Publisher's statement based on Google Analytics (Jan - Mar 2026)



## 20,000

ESTIMATED WEEKLY LISTENERS

RAJAR Q3 2025 (April - Sep 25)

DEMOGRAPHICS - AREA PROFILE JICREG (Oct 2024)

MALE

46%

FEMALE

54%

ABC1

62%

C2DE

38%



POPULATION

## 135,703

JICREG (Oct 2024)



KENTISH  
**EXPRESS**

EST: 1855 | PUBLICATION DAY: THURSDAY

[kentonline.co.uk/ashford](http://kentonline.co.uk/ashford)



TRUST LOCAL

 ILLIFFE MEDIA

# BISHOP'S STORTFORD



**4,810**

**WEEKLY READERS**

Publisher's statement (October 2024)



**218,700**

**MONTHLY UNIQUE VISITORS**

Publisher's statement based on Google Analytics (Jan - Mar 2026)

**DEMOGRAPHICS - AREA PROFILE** JICREG (Oct 2024)

MALE

**48%**

FEMALE

**52%**

ABC1

**71%**

C2DE

**29%**

POPULATION

**42,827**

Publishers statement - JICREG (Oct 2024)

**Bishop's Stortford**  
Independent

EST: 2017 | PUBLICATION DAY: WEDNESDAY

[bishopsstortfordindependent.co.uk](http://bishopsstortfordindependent.co.uk)



TRUST LOCAL

 **ILIFFE MEDIA**

# BURY ST EDMUNDS



**22,590**

**WEEKLY READERS**

JICREG (October 2024)



**723,974**

**MONTHLY UNIQUE VISITORS** (suffolknews.co.uk)

Publisher's statement based on Google Analytics (Jan - Mar 2026)

**DEMOGRAPHICS - OUR AUDIENCE** JICREG (Oct 2024)

MALE

**48%**

FEMALE

**52%**

ABC1

**50%**

C2DE

**50%**



POPULATION

**83,477**

JICREG (Oct 2024)

**Bury Free Press**

EST: 1855 | PUBLICATION DAY: FRIDAY

[suffolknews.co.uk/bury-st-edmunds](http://suffolknews.co.uk/bury-st-edmunds)



TRUST LOCAL

 **LILIFFE MEDIA**

# CAMBRIDGE



**6,630**

**WEEKLY READERS**

Publisher's statement (October 2024)



**334,004**

**MONTHLY UNIQUE VISITORS**

Publisher's statement based on Google Analytics (Jan - Mar 2026)

**DEMOGRAPHICS - AREA PROFILE** JICREG (Oct 2024)

MALE

**50%**

FEMALE

**50%**

ABC1

**63%**

C2DE

**37%**



POPULATION

**155,741**

Publisher's statement - JICREG (Oct 2024)



**Cambridge**  
Independent

EST: 1819 | PUBLICATION DAY: WEDNESDAY

[cambridgeindependent.co.uk](http://cambridgeindependent.co.uk)



TRUST LOCAL

 **ILIFFE MEDIA**

# CANTERBURY, WHITSTABLE, HERNE BAY & FAVERSHAM



## 26,345

WEEKLY READERS

JICREG (30/09/2024)



## 693,621

MONTHLY UNIQUE VISITORS

Publisher's statement based on Google Analytics (Jan - Mar 2026)



## 20,000

ESTIMATED WEEKLY LISTENERS

RAJAR Q3 2025 (April - Sep 25)

## DEMOGRAPHICS - OUR AUDIENCE JICREG (Oct 2024)

MALE

46%

FEMALE

54%

ABC1

64%

C2DE

36%



POPULATION

## 176,722

JICREG (Oct 2024)

**KM** KENTISH  
GAZETTE

EST: 1717 | PUBLICATION DAY: THURSDAY

[kentonline.co.uk/canterbury](http://kentonline.co.uk/canterbury)



TRUST LOCAL

 ILLIFFE MEDIA

# DISS



**5,787**

**WEEKLY READERS**

JICREG (October 2024)



**94,309**

**MONTHLY UNIQUE VISITORS**

Publisher's statement based on Google Analytics (Jan - Mar 2026)

**DEMOGRAPHICS - AREA PROFILE** JICREG (Oct 2024)

**MALE**

**47%**

**FEMALE**

**53%**

**ABC1**

**54%**

**C2DE**

**46%**



POPULATION

**32,951**

JICREG (Oct 2024)

**Diss Express**

EST: 1864 | PUBLICATION DAY: FRIDAY

[suffolknews.co.uk/diss](http://suffolknews.co.uk/diss)



TRUST LOCAL

 **ILIFFE MEDIA**

# DOVER, DEAL & SANDWICH



**12,224**

**WEEKLY READERS**

JICREG (30/09/2024)



**384,780**

**MONTHLY UNIQUE VISITORS**

Publisher's statement based on Google Analytics (Jan - Mar 2026)



**20,000**

**ESTIMATED WEEKLY LISTENERS**

RAJAR Q3 2025 (April - Sep 25)

## DEMOGRAPHICS - OUR AUDIENCE JICREG (Oct 2024)

MALE

**47%**

FEMALE

**53%**

ABC1

**61%**

C2DE

**39%**



POPULATION

**85,348**

JICREG (Oct 2024)

**KM** EAST KENT  
**MERCURY**

EST: 1865 | PUBLICATION DAY: THURSDAY

[kentonline.co.uk/deal](http://kentonline.co.uk/deal)



TRUST LOCAL

 **LILIFFE MEDIA**

# FOLKESTONE & HYTHE



**2,647**

**WEEKLY READERS**

Publisher's statement (30/09/2024)



**317,650**

**MONTHLY UNIQUE VISITORS**

Publisher's statement based on Google Analytics (Jan - Mar 2026)



**20,000**

**ESTIMATED WEEKLY LISTENERS**

RAJAR Q3 2025 (April - Sep 25)

**DEMOGRAPHICS - AREA PROFILE (KENTISH EXPRESS) JICREG (Oct 2024)**

**MALE**

**46%**

**FEMALE**

**54%**

**ABC1**

**62%**

**C2DE**

**38%**



**POPULATION**

**60,603**

JICREG (Oct 2024)

**KM Folkestone & Hythe EXPRESS**

EST: 2013 | PUBLICATION DAY: THURSDAY

[kentonline.co.uk/folkestone](http://kentonline.co.uk/folkestone)



TRUST LOCAL

**ILIFFE MEDIA**

# GRANTHAM



**13,171**

**WEEKLY READERS**

JICREG (October 2024)



**712,322**

**MONTHLY UNIQUE VISITORS** (lincsonline.co.uk)

Publisher's statement based on Google Analytics (Jan - Mar 2026)

**DEMOGRAPHICS - OUR AUDIENCE** JICREG (Oct 2024)

MALE

**47%**

FEMALE

**53%**

ABC1

**59%**

C2DE

**41%**



POPULATION

**64,546**

JICREG (Oct 2024)

GRANTHAM  
**JOURNAL**

EST: 1854 | PUBLICATION DAY: FRIDAY

[lincsonline.co.uk](http://lincsonline.co.uk)



TRUST LOCAL

 **LILIFFE MEDIA**

# GRAVESEND & DARTFORD



**6,932**

**WEEKLY READERS**

JICREG (30/09/2024)



**470,538**

**MONTHLY UNIQUE VISITORS**

Publisher's statement based on Google Analytics (Jan - Mar 2026)



**31,000**

**ESTIMATED WEEKLY LISTENERS**

RAJAR Q3 2025 (April - Sep 25)

**DEMOGRAPHICS - OUR AUDIENCE** JICREG (Oct 2024)

**MALE**

**46%**

**FEMALE**

**54%**

**ABC1**

**57%**

**C2DE**

**43%**

**POPULATION**

**188,451**

JICREG (Oct 2024)

**KM** GRAVESEND & DARTFORD  
**MESSENGER**

PUBLICATION DAY: THURSDAY

[kentonline.co.uk/gravesend](http://kentonline.co.uk/gravesend)

[kentonline.co.uk/dartford](http://kentonline.co.uk/dartford)



TRUST LOCAL

**ILIFFE MEDIA**

# HAVERHILL



**3,569**

**WEEKLY READERS**

JICREG (October 2024)



**723,974**

**MONTHLY UNIQUE VISITORS** (suffolknews.co.uk)

Publisher's statement based on Google Analytics (Jan - Mar 2026)

## DEMOGRAPHICS - OUR AUDIENCE JICREG (Oct 2024)

MALE

**47%**

FEMALE

**53%**

ABC1

**42%**

C2DE

**58%**



POPULATION

**37,944**

JICREG (Oct 2024)

**Haverhill**  
**echo**

EST: 1888 | PUBLICATION DAY: FRIDAY

[suffolknews.co.uk/haverhill](http://suffolknews.co.uk/haverhill)



TRUST LOCAL

 **LILIFFE MEDIA**

# MAIDSTONE & WEST KENT



## 17,134

WEEKLY READERS

JICREG (30/09/2024)



## 511,292

MONTHLY UNIQUE VISITORS

Publisher's statement based on Google Analytics (Jan - Mar 2026)



## 31,000

ESTIMATED WEEKLY LISTENERS

RAJAR Q3 2025 (April - Sep 25)

## DEMOGRAPHICS - AREA PROFILE JICREG (Oct 2024)

MALE

47%

FEMALE

53%

ABC1

60%

C2DE

40%



POPULATION

## 326,291

JICREG (Oct 2024)

**KM** KENT  
**MESSENGER**

EST: 1859 | PUBLICATION DAY: THURSDAY

[kentonline.co.uk/maidstone](http://kentonline.co.uk/maidstone)



TRUST LOCAL

 **LILIFFE MEDIA**

# MEDWAY



## 13,728

WEEKLY READERS

Publisher's statement (October 24)



## 577,246

MONTHLY UNIQUE VISITORS

Publisher's statement based on Google Analytics (Jan - Mar 2026)



## 31,000

ESTIMATED WEEKLY LISTENERS

RAJAR Q3 2025 (April - Sep 25)

DEMOGRAPHICS - AREA PROFILE JICREG (Oct 2024)

MALE

48%

FEMALE

52%

ABC1

63%

C2DE

37%



POPULATION

## 326,291

JICREG (Oct 2024)

**KM** MEDWAY  
**MESSENGER**

EST: 2001 | PUBLICATION DAY: THURSDAY

[kentonline.co.uk/medway](http://kentonline.co.uk/medway)



TRUST LOCAL

 **LILIFFE MEDIA**

# NEWARK



**18,763**

**WEEKLY READERS**

JICREG (October 2024)



**249,327**

**MONTHLY UNIQUE VISITORS**

Publisher's statement based on Google Analytics (Jan - Mar 2026)



POPULATION

**54,190**

JICREG (Oct 2024)

## DEMOGRAPHICS - OUR AUDIENCE JICREG (Oct 2024)

MALE

**47%**

FEMALE

**53%**

ABC1

**58%**

C2DE

**42%**

**NEWARK Advertiser**

EST: 1854 | PUBLICATION DAY: THURSDAY

[newarkadvertiser.co.uk](http://newarkadvertiser.co.uk)



TRUST LOCAL

 **LILIFFE MEDIA**

# NEWBURY



**23,942**

**WEEKLY READERS**

JICREG (30/09/2024)



**233,812**

**MONTHLY UNIQUE VISITORS**

Publisher's statement based on Google Analytics (Jan - Mar 2026)



POPULATION

**184,445**

JICREG (Oct 2024)

## DEMOGRAPHICS - OUR AUDIENCE JICREG (Oct 2024)

MALE

**47%**

FEMALE

**53%**

ABC1

**69%**

C2DE

**31%**

**Newbury Weekly News**

EST: 1867 | PUBLICATION DAY: THURSDAY

[newburytoday.co.uk](http://newburytoday.co.uk)



TRUST LOCAL

 **ILIFFE MEDIA**

# NEWMARKET



**8,792**

**WEEKLY READERS**

JICREG (October 2024)



**723,947**

**MONTHLY UNIQUE VISITORS** (suffolknews.co.uk)

Publisher's statement based on Google Analytics (Jan - Mar 2026)

## DEMOGRAPHICS - OUR AUDIENCE JICREG (Oct 2024)

MALE

**48%**

FEMALE

**52%**

ABC1

**51%**

C2DE

**49%**



POPULATION

**36,548**

JICREG (Oct 2024)

# Newmarket Journal

EST. 1872 | PUBLICATION DAY: THURSDAY

[suffolknews.co.uk/newmarket](http://suffolknews.co.uk/newmarket)



TRUST LOCAL

 **LILIFFE MEDIA**

# SPALDING



9,251

WEEKLY READERS

JICREG (October 2024)



712,322

MONTHLY UNIQUE VISITORS (lincsonline.co.uk)

Publisher's statement based on Google Analytics (Jan - Mar 2026)

## DEMOGRAPHICS - OUR AUDIENCE JICREG (Oct 2024)

MALE

46%

FEMALE

54%

ABC1

59%

C2DE

41%

POPULATION

43,211

JICREG (Oct 2024)

**Lincolnshire**  
*free press*

PUBLICATION DAY: TUESDAY

[lincsonline.co.uk](http://lincsonline.co.uk)



TRUST LOCAL

 **LILIFFE MEDIA**

# RUTLAND & STAMFORD



**19,135**

**WEEKLY READERS**

JICREG (October 2024)



**712,322**

**MONTHLY UNIQUE VISITORS** (lincsonline.co.uk)

Publisher's statement based on Google Analytics (Jan - Mar 2026)



POPULATION

**29,008**

JICREG (Oct 2024)

## DEMOGRAPHICS - OUR AUDIENCE JICREG (Oct 2024)

MALE

**47%**

FEMALE

**53%**

ABC1

**58%**

C2DE

**42%**

**Rutland & Stamford Mercury**

EST: 1712 | PUBLICATION DAY: FRIDAY

[lincsonline.co.uk](http://lincsonline.co.uk)



TRUST LOCAL

 **LILIFFE MEDIA**

# STRATFORD-UPON-AVON



**19,852**

**WEEKLY READERS**

JICREG (October 2024)



**241,625**

**MONTHLY UNIQUE VISITORS**

Publisher's statement based on Google Analytics (Jan - Mar 2026)

**DEMOGRAPHICS - OUR AUDIENCE** JICREG (Oct 2024)

**MALE**

**47%**

**FEMALE**

**53%**

**ABC1**

**65%**

**C2DE**

**35%**

POPULATION

**111,315**

JICREG (Oct 2024)

*Stratford-upon-Avon*  
**HERALD**

EST: 1860 | PUBLICATION DAY: THURSDAY

[stratford-herald.com](http://stratford-herald.com)



TRUST LOCAL

 **LILIFFE MEDIA**

# SUDBURY



**8,165**

**WEEKLY READERS**

JICREG (October 2024)



**723,974**

**MONTHLY UNIQUE VISITORS** (suffolknews.co.uk)

Publisher's statement based on Google Analytics (Jan-Mar 2026)

## DEMOGRAPHICS - OUR AUDIENCE JICREG (Oct 2024)

MALE

**46%**

FEMALE

**54%**

ABC1

**51%**

C2DE

**49%**



POPULATION

**39,541**

JICREG (Oct 2024)

**SUFFOLK**  
**Free Press**

EST: 1855 | PUBLICATION DAY: THURSDAY

[suffolknews.co.uk/sudbury](http://suffolknews.co.uk/sudbury)



TRUST LOCAL

 **LILIFFE MEDIA**

# SWALE



8,858 | 7,434

Sittingbourne News Sheerness Times Guardian

**WEEKLY READERS**

JICREG (30/09/2024)



227,467 | 171,553

Sittingbourne Sheerness

**MONTHLY UNIQUE VISITORS**

Publisher's statement based on Google Analytics (Jan-Mar 2026)



31,000

**ESTIMATED WEEKLY LISTENERS**

RAJAR Q3 2025 (April - Sep 25)

## DEMOGRAPHICS - AREA PROFILE JICREG (Oct 2024)

MALE

49%

FEMALE

51%

ABC1

61%

C2DE

39%

POPULATION

104,663

JICREG (Oct 2024)

**SITTINGBOURNE NEWS**  
Your focus, your voice, your paper  
KM ASH GROUP NEWSPAPERS

**SHEERNESS**  
**KM Times Guardian**

PUBLICATION DAY: THURSDAY  
[kentonline.co.uk/sittingbourne](http://kentonline.co.uk/sittingbourne)  
[kentonline.co.uk/sheerness](http://kentonline.co.uk/sheerness)



TRUST LOCAL

 **ILIFFE MEDIA**

# THANET



## 4,415

WEEKLY READERS

Publisher's statement (30/09/2024)



## 314,205

MONTHLY UNIQUE VISITORS

Publisher's statement based on Google Analytics (Jan-Mar 2026)



## 20,000

ESTIMATED WEEKLY LISTENERS

RAJAR Q3 2025 (April - Sep 25)

### DEMOGRAPHICS - OUR AUDIENCE JICREG (Oct 2024)

MALE

46%

FEMALE

54%

ABC1

60%

C2DE

40%



POPULATION

## 139,661

JICREG (Oct 2024)

**KM** THANET  
**EXTRA**

EST: 1981 | PUBLICATION DAY: THURSDAY

[kentonline.co.uk/thanet](http://kentonline.co.uk/thanet)



TRUST LOCAL

 **LILIFFE MEDIA**

# THE NEW FOREST



**29,531**

**WEEKLY READERS**

JICREG (30/09/2024)



**188,429**

**MONTHLY UNIQUE VISITORS**

Publisher's statement based on Google Analytics (Jan-Mar 2026)

**DEMOGRAPHICS - OUR AUDIENCE** JICREG (Oct 2024)

**MALE**

**46%**

**FEMALE**

**54%**

**ABC1**

**67%**

**C2DE**

**33%**



POPULATION

**247,851**

JICREG (Oct 2024)

**NEW MILTON ADVERTISER  
LYMINGTON TIMES**

EST: 1928 | PUBLICATION DAY: FRIDAY

[advertiserandtimes.co.uk](http://advertiserandtimes.co.uk)



TRUST LOCAL

 **LILIFFE MEDIA**

# WEST NORFOLK



## YOUR LOCAL PAPER

**34,000 | 16,700**

Weekly Readers      Circulation (Free Pick-Up)  
Publisher's statement | JICREG (Oct 2024)

## LYNN NEWS

**16,916**

## WEEKLY READERS

JICREG (October 2024)

**429,443**

## MONTHLY UNIQUE VISITORS

Publisher's statement based on Google Analytics (Jan - Mar 2026)



## DEMOGRAPHICS - OUR AUDIENCE JICREG (Oct 2024) - 'King's Lynn and West Norfolk'

MALE

**49%**

FEMALE

**51%**

ABC1

**54%**

C2DE

**46%**



POPULATION

**66,793**

JICREG (Oct 2024) - 'King's Lynn and West Norfolk'

*your local paper*

PUBLICATION DAY: WEDNESDAY

**Lynn News**

PUBLICATION DAY: FRIDAY

[lynnnews.co.uk](http://lynnnews.co.uk)



TRUST LOCAL

 **LILIFFE MEDIA**

# WISBECH



**9,870**

**WEEKLY READERS**

Publisher's statement (November 2024)



**170,487**

**MONTHLY UNIQUE VISITORS**

Publisher's statement based on Google Analytics (Jan - Mar 2026)

## DEMOGRAPHICS - OUR AUDIENCE JICREG (Oct 2024)

MALE

**47%**

FEMALE

**53%**

ABC1

**47%**

C2DE

**53%**



POPULATION

**49,264**

JICREG (Oct 2024)

**Citizen** FENLAND

The voice of the Fens

EST: 1975 | PUBLICATION DAY: WEDNESDAY

[fenlandcitizen.co.uk](http://fenlandcitizen.co.uk)



TRUST LOCAL

 **LILIFFE MEDIA**

# MAGAZINES & SUPPLEMENTS



TRUST LOCAL



Please contact us for more information

[talktous@iliffemedia.co.uk](mailto:talktous@iliffemedia.co.uk)



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