

20 December 2005

Pochin's PLC (the 'Company')

Director/PDMR Shareholding

The Company was notified on 16 December 2005 that Mr. J C Pochin, a director of a subsidiary company, on 03 December 2005 disposed of 5,000 ordinary shares at a price of 373p per share and a further 4,000 ordinary shares at a price of 372p per shares to finance the simultaneous exercise of 9,000 options in the Company at a price of 121p.

Mr Pochin's beneficial interest therefore remains at 351,059 ordinary shares in the Company being 1.69 per cent. of the issued ordinary share capital.

Furthermore, the Company was also notified on 16 December 2005 that Mr J H Woodcock, Chairman, transferred 4,000 ordinary shares to his son Mr. J D Woodcock at nil consideration. Following the transfer, Mr. Woodcock now has a beneficial interest in 4,000 ordinary shares in the Company representing 0.02 per cent of the issued ordinary share capital.

Enquiries:

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