

Pochin's PLC (the 'Company')

Director Shareholding

The Company was notified today that Mr. A M J Pochin, a director of a subsidiary company, completed the exercise of 9,000 options in the Company at a price of 121p on the 13 December 2005.

Mr Pochin's beneficial interest in the Company has increased to 39,503 ordinary shares in the Company being 0.19 per cent of the issued ordinary share capital.

21 December 2005

Enquires:

John Edwards 01606 833 333
Finance Director at Pochin's

Philip Davies 020 7953 2224
Charles Stanley & Co. Limited