

Regulatory Announcement

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Company	Pochin's PLC
TIDM	PCH
Headline	Director/PDMR Shareholding
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2 November 2006

Pochin's PLC (the 'Company')

Director/PDMR Shareholding

The Company was notified today that Mr D Shaw, a director of the Company, exercised 13,500 share options in the capital of the Company on 2 November 2006 at a price of 121p per share. Following this acquisition, Mr D Shaw now has a beneficial interest in 21,500 ordinary shares in the Company being 0.1 per cent of the issued ordinary share capital.

The Company was also notified today that Mr L R Murray, a director of the Company, exercised 13,500 share options in the capital of the Company on 2 November 2006 at a price of 121p per share. Following this acquisition, Mr L R Murray now has a beneficial interest in 14,500 ordinary shares in the Company being 0.06 per cent of the issued ordinary share capital.

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