

RNS Number: 43720
Pochin's PLC
7 August 2006

APPOINTMENT OF NON-EXECUTIVE DIRECTOR
POCHIN'S PLC ("the Company")

The Board of Pochin's PLC ("the Company") is pleased to announce that Mr. Richard Fildes has accepted a position as a non-executive director of the Company with effect from 7 August 2006. Mr. Fildes will also be a member of the Nominations, Remuneration and Audit Committees.

Mr. Fildes is currently chairman of Barlows PLC.

The company makes the following disclosure in connection with this appointment, pursuant to rule 9.6.13 of the Listing Rules. In addition to his directorship of the Company, Mr. Fildes:

- (a) is or has been a director or partner of the following companies and partnership at any time in the previous 5 years:

Current directorships:

Barlows Eastbourne Holdings Limited
Rufus Estates Limited
John Booth & Co Limited
Claim Farm Limited
Gill & Hartley Limited
Barramat Limited
Barcon Developments Ltd
Squire Bowker & Son Limited
Barlows Holdings Limited
Edgar Barlow Limited
Aintree Racecourse Company Limited
Rickitt Grant & Company Limited
Hallamshire Investments Limited
Barlows PLC
Barlows (Oaklands) Limited
Sandy Land (Chester) Limited
Rufus (Chester) Limited
Barlows Eastbourne Limited
Barlows Eastbourne Ventures Limited
Rickitt, Sons and Company Limited
Medical Property Solutions Limited
Barlows Childcare Properties Limited
Leanweave Limited
Barlows Properties Portfolio Limited
Kids Allowed Limited

Barlows Autozone Limited
Multiple Property Solutions Limited
Rufus Estates (Boughton) Limited
Barlows Secretarial Services Limited
Barlows Falkirk Limited
Rufus Estates (Sealand) Limited

- (b) has no unspent convictions relating to indictable offences;
- (c) has had no bankruptcies or individual voluntary arrangements;
- (d) has not been a director with an executive function of any company at the time of or within 12 months preceding any receivership, compulsory liquidation, creditors voluntary liquidation, administration, company voluntary arrangement or any composition or arrangement with creditors generally or any class of creditors of such company;
- (e) has not been a partner of any partnership at the time of or within 12 months preceding any compulsory liquidation, administration or partnership voluntary arrangements of such partnership.
- (f) has not been a partner of any partnership at the time of or within 12 months preceding a receivership of any assets of such partnership;
- (g) has not had any of his assets subject to any receivership; and
- (h) has not received any public criticisms by statutory or regulatory authorities (including recognised professional bodies) and has not been disqualified by a court from acting as a director of a company or from acting in the management or conduct of the affairs of a company.

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