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Company [Pochin's PLC](#)
TIDM PCH
Headline Director/PDMR Shareholding
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Pochin's PLC (the 'Company')

Director Shareholding

The Company was notified today, in accordance with the provisions of section 198-202 of the Companies Act 1985, that Mr. J W P Nicholson, a director of the Company, completed the exercise of 9,000 options in the Company at a price of 121p on the 15 March 2006.

On the same day Mr Nicholson disposed of 9,000 ordinary shares in the Company at a price of 355 pence per share.

Mr Nicholson's beneficial interest in the Company remains unchanged following this transaction being 503,245 ordinary shares in the Company representing 2.42 per cent. of the issued ordinary share capital.

16 March 2006

Enquires:

John Edwards 01606 833 333
Finance Director at Pochin's

Carl Holmes 020 7953 2000
Charles Stanley Securities

END

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