

## Regulatory Announcement

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<b>Company</b>	<a href="#">Pochin's PLC</a>
<b>TIDM</b>	PCH
<b>Headline</b>	Director/PDMR Shareholding
<b>Released</b>	16:02 31-Oct-06
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31 October 2006

### Pochin's PLC (the 'Company')

#### Director/PDMR Shareholding

The Company was notified today that Mr J C Pochin, a director of a subsidiary company, disposed of 10,000 ordinary shares in the capital of the Company on 31 October 2006 at a price of 330p per share. The Company was also notified today that Mr J C Pochin acquired 500 shares in the Company on 26 October 2006 by gift from Mrs M L Pochin.

Following this acquisition and disposal, Mr J C Pochin now has a beneficial interest in 498,059 ordinary shares in the Company being 2.39 per cent of the issued ordinary share capital.

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