

Regulatory Announcement

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Company	Pochin's PLC
TIDM	PCH
Headline	Director/PDMR Shareholding
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5 March 2007

Pochin's PLC (the 'Company')
Director/PDMR Shareholding

The Company was notified on 2 March 2007 that Mr B T Reay, a director of a subsidiary company, disposed of 2,000 ordinary shares in the capital of the Company on 28 February 2007 at a price of 388pence per share.

Following this disposal, Mr B T Reay has a beneficial interest in 2,500 ordinary shares in the Company being 0.00012 per cent Company's Total Voting Rights.

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