

Regulatory Announcement

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

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

The Company was notified today that David Pochin, an Executive Director of the Company, has transferred 7,000 ordinary shares to his wife.

Following this transfer Mr Pochin remains beneficially interested in 6,000 ordinary shares representing 0.02% of the Company's Total Voting Rights.

Contact:

David Hedley Company Secretary Pochin's PLC	Tel: 01606 833 333
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Philip Davies / Anthony Noakes Charles Stanley Securities	Tel: 020 7149 6000
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