

Norish plc (“Norish” or the “Company”)

5 November 2009

Director’s Share Dealing

Norish announces that it was informed on the 4th November 2009 of the purchase of 1,049,684 Ordinary Shares of nominal value €0.25 each by Ted O’Neill, Chairman at a price of 36.5 pence per share on 4 November 2009.

Following this purchase of shares, Ted O’Neill is the beneficial owner of 2,303,037 Ordinary Shares, representing 27.2 % of the Company’s current issued share capital.

Enquiries:

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