

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

**5 November 2009**

**Director’s Dealings**

The Company was notified on the 4<sup>th</sup> November 2009 that Sky Hill Ltd of which Raymond French is a Director & Shareholder, sold 50,000 ordinary shares representing 0.59% of the issued share capital on the 4<sup>th</sup> November 2009 at Stg 36.5p.

The Company was also notified that Zeta Beta Ltd sold 999,684 ordinary shares representing 11.8% of the issued share capital of the company on the 4<sup>th</sup> November 2009 at Stg 36.5p. Raymond French is a Director of Zeta Beta Ltd.

***Enquiries:***

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