

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

12 July 2010

Shareholder’s Holding

Norish announces that it was informed on the 9th July 2010 of the purchase of 57,000 Ordinary Shares of nominal value €0.25 each by Mr. John Teeling, at a price of 33 pence per share.

Following this purchase of shares, Mr. John Teeling is the beneficial owner of 892,593 Ordinary Shares, representing 10.5% of the Company’s current issued share capital.

Enquiries:

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