

8 April 2008

Mid-States PLC (“Mid-States” or the “Company”)

EXERCISE OF OPTIONS AND RETENTION OF SHARES

Mid-States announces that David J Plucinsky, the Company’s Chairman, has exercised options over 200,000 ordinary shares of 1 pence each (“Shares”) in the Company, at an exercise price of 11.1825 pence per Share.

Mr Plucinsky is retaining the Shares resulting from the exercise of these options.

Following this exercise of options, Mr Plucinsky has an interest in 220,000 Shares, representing approximately 0.028% of the issued share capital of the Company.

APPLICATION FOR ADMISSION

Pursuant to the above exercise of share options, the Company has applied to the Alternative Investment Market for 200,000 Shares to be admitted to trading on AIM. These Shares will rank pari passu with the existing Shares of the Company.

The issued share capital of the Company is now 78,662,412 Ordinary Shares of 1p each.

For further information:

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Tony Hunter, Company Secretary