

Date 25 January 2010

MID-STATES PLC

(“Mid-States”, the “Company” or the “Group”)

Grant of Share Options

Mid-States announces that Javier Segura, the Company’s Managing Director, and Andrew Tonks, its Finance Director, have been respectively granted options over 1,650,000 and 1,125,000 ordinary shares of one pence each in the capital of the Company, under the Company’s 2009 Share Option Plan (the “Plan”).

80% of these options are subject to the achievement of challenging performance conditions linked to the financial results of the Group over the next three years and, subject to these conditions, may vest over the next three years. Of this percentage, one third is at an exercise price of 5.75 pence per share. The exercise prices of the remaining two thirds are subject to increase based on a formula linked to increases in the Company’s share price over the next two years. In no event is the exercise price to be less than 5.75 pence per share.

The remaining 20%, which are not subject to those performance conditions, vest only after three years (subject to the terms of the Plan) and are at an exercise price of 5.75 pence per share.

For further information:

Mid-States PLC

Tel: +44 (0) 20 7603 1515

Tony Hunter, Company Secretary