

Notification of Transactions of Directors/Persons Discharging Managerial Responsibility and Connected Persons

This form is intended for use by an issuer to make a RIS notification required by the Market Abuse Rules and section 53 (as extended by section 64 of the Companies Act 1990) or entered into the issuer's register in accordance with section 59 of the Companies Act 1990.

- (1) An issuer making a notification in respect of a transaction relating to the shares or debentures of the issuer should complete boxes 1 to 16, 23 and 24.
- (2) An issuer making a notification in respect of a derivative relating to the shares of the issuer should complete boxes 1 to 4, 6, 8, 13, 14, 16, 23 and 24.
- (3) An issuer making a notification in respect of options granted to a director/person discharging managerial responsibilities should complete boxes 1 to 3 and 17 to 24
- (4) An issuer making a notification in respect of a financial instrument relating to the shares of the issuer (other than a debenture) should complete the boxes 1 to 4, 6, 8, 9, 11, 13, 14, 16, 23 and 24.

All relevant boxes should be completed in block capital letters

1	Name of the Issuer IRISH CONTINENTAL GROUP PLC	2	State whether the notification relates to: (i) a transaction notified in accordance with Market Abuse Rules; (ii) a disclosure made in accordance with section 53 (as extended by section 64 of the Companies Act 1990) or entered into the issuer's register in accordance with section 59 of the Companies Act 1990; or (iii) both (i) and (ii). (iii) both
3	Name of person discharging managerial responsibilities/director Garry O'Dea	4	State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person
5	Indicate whether the notification is in respect of a holding of the person referred to in 3 or 4 above or in respect of a non-beneficial interest IN RESPECT OF THE PERSON NAMED AT 3	6	Description of shares (including class) debentures or derivatives or financial instruments relating to shares ICG UNITS (each consisting of 1 ordinary share and 10 redeemable shares)

7	Name of registered shareholder(s) and, if more than one, number of shares held by each of them Garry O'Dea	8	State the nature of the transaction (i) Exercise of share options (ii) Sale of ICG Units
9	Number of shares, debentures or financial instruments relating to shares acquired (i) 40,000 ICG Units	10	Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage) (i) 0.2%
11	Number of shares, debentures or financial instruments relating to shares disposed (ii) 40,000 ICG UNITS	12	Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage) (ii) 0.2%
13	Price per share or value of transaction (i) €6.581 (ii) €15.60	14	Date and place of transaction 25th March 2010 , Dublin
15	Total holding following notification and total percentage holding following notification (any treasury shares should not be taken into account when calculating percentage) Garry O'Dea 179,377 (0.7%)		Date issuer informed of transaction 25th March 2010

If a person discharging managerial responsibilities has been granted options by the issuer, complete the following boxes:

17	Date of grant	18	Period during which or date on which it can be exercised
19	Total amount paid (if any) for grant of the option	20	Description of shares or debentures involved (class and number)

21	Exercise price (if fixed at time of grant) or indication that the price is to be fixed at the time of exercise	22	Total number of shares or debentures over which options are held following notification
23	Any additional information	24	Name of contact and telephone number for queries TOM CORCORAN – 01 8552222
<p>Name and signature of duly designated officer of issuer responsible for making notification</p> <p>_____</p> <p>Date of notification _____ 26th March 2010 _____</p>			