



ARC Director/PMDR Shareholding

Date: 16/09/2005 @ 16:37

Source: UK Regulatory (RNS and others)

Stock: ARC Intl Plc (ARK)

ARC Director/PMDR Shareholding

ARC International plc

NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING
MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS

This form is intended for use by an issuer to make a RIS notification
required by DR 3.1.4R (1).

An issuer making a notification in respect of a transaction relating
to:

- (1) The shares or debentures of the issuer should complete boxes 1
to 16, 23 and 24.

An issuer making a notification in respect of a derivative relating
to:

- (2) The shares of the issuer should complete boxes 1 to 4, 6, 8, 13,
14, 16, 23 and 24.

An issuer making a notification in respect of:

- (3) Options granted to a director/person discharging managerial
responsibilities should complete boxes 1 to 3 and 17 to 24.

An issuer making a notification in respect of:

- (4) A financial instrument relating to the shares of the issuer
(other than a debenture) should complete boxes 1 to 4, 6, 8, 9,
11, 13, 14, 16, 23 and 24.

Please complete all relevant boxes in block capital letters.

1. Name of the issuer

ARC INTERNATIONAL PLC

2. State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R (1) (a); or (ii) DR 3.1.4(R) (1) (b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or (iii) Both (i) and (ii) (i)

3. Name of person discharging managerial responsibilities/director

MONICA JOHNSON

4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person

SAME AS 3 ABOVE

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

AS 3 ABOVE

6. Description of shares (including class), debentures or derivatives or financial instruments relating to shares

0.1P ORDINARY SHARES

7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them

AS 3 ABOVE

8. State the nature of the transaction

EXERCISE OF SHARE OPTION AND SALE OF SHARES

9. Number of shares, debentures or financial instruments relating to shares acquired

110,000 ORDINARY SHARES

10. Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage)

0.07%

11. Number of shares, debentures or financial instruments relating to shares disposed

110,000 ORDINARY SHARES

12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage)

0.07%

13. Price per share or value of transaction

EXERCISE AT 24.5p, SALE AT 36.25p

14. Date and place of transaction

15 SEPTEMBER 2005

15. Total holding following notification and total percentage holding following notification (any treasury shares should not be taken into account when calculating percentage)

NIL

16. Date issuer informed of transaction

16 SEPTEMBER 2005

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 price is to be fixed at the time of exercise

22. Total number of shares or debentures over which options held following notification

23. Any additional information

24. Name of contact and telephone number for queries Name and signature of duly authorised officer of issuer responsible for making notification

CHARLES RENDELL
Date of notification
16 SEPTEMBER 2005

END