

MITHRAS INVESTMENT TRUST PLC (the "Company")

The Company was notified today that on Friday, 18 December 2009, Mr Adrian Johnson, a Managing Partner and Chairman of the Company's Investment Manager, Mithras Capital Partners LLP ("MCP"), purchased 230,000 ordinary 2p shares in the capital of the Company at a price of 57.615 pence per ordinary share to be held in W B Nominees Limited.

As a result of this purchase, Mr Johnson's aggregate holding has increased to 1,625,030 ordinary 2p shares. This aggregate holding represents 4.48% of the Company's issued share capital.

This disclosure is being made in compliance with the Company's policy for full disclosure of all changes to holdings by the individuals responsible for managing the Company's investments at MCP.

BNP Paribas Secretarial Services Limited
Company Secretary

18 DECEMBER 2009