

MITHRAS INVESTMENT TRUST PLC (the "Company")

The Company was notified today that on Friday, 18 December 2009, Mr Bernie Boylan, a Partner of the Company's Investment Manager, Mithras Capital Partners LLP ("MCP"), purchased 67,313 ordinary 2p shares in the capital of the Company at a price of 57.5 pence per ordinary share.

As a result of this purchase, Mr Boylan's aggregate holding is now 67,313 ordinary 2p shares. This aggregate holding represents 0.19% 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

21 DECEMBER 2009