

TR-1: NOTIFICATION OF MAJOR INTEREST IN SHARES

1. Identity of the issuer or the underlying issuer of existing shares to which voting rights are attached:	INDEPENDENT NEWS & MEDIA PLC
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2. Reason for the notification (please tick the appropriate box or boxes):	
An acquisition or disposal of voting rights	X
An acquisition or disposal of qualifying financial instruments which may result in the acquisition of shares already issued to which voting rights are attached	
An acquisition or disposal of instruments with similar economic effect to qualifying financial instruments	
An event changing the breakdown of voting rights	
Other (please specify):	

3. Full name of person(s) subject to the notification obligation:	FBD Insurance plc
4. Full name of shareholder(s) (if different from 3.):	
5. Date of the transaction and date on which the threshold is crossed or reached:	11 November 2009
6. Date on which issuer notified:	12 November 2009
7. Threshold(s) that is/are crossed or reached:	3%

8. Notified details:							
A: Voting rights attached to shares							
Class/type of shares if possible using the ISIN CODE	Situation previous to the triggering transaction		Resulting situation after the triggering transaction				
	Number of Shares	Number of Voting Rights	Number of shares	Number of voting rights		% of voting rights	
			Direct	Direct	Indirect	Direct	Indirect

IE0004614818							
Ordinary Shares of €0.05 each	334,146	334,146	51,469,499	51,469,499	Nil	3.29%	Nil

B: Qualifying Financial Instruments

Resulting situation after the triggering transaction

Type of financial instrument	Expiration date	Exercise/ Conversion Period	Number of voting rights that may be acquired if the instrument is exercised/ converted.	% of voting rights

C: Financial Instruments with similar economic effect to Qualifying Financial Instruments

Resulting situation after the triggering transaction

Type of financial instrument	Exercise price	Expiration date	Exercise/ Conversion period	Number of voting rights instrument refers to	% of voting rights	
					Nominal	Delta

Total (A+B+C)

Number of voting rights	Percentage of voting rights
51,469,499	3.29%

9. Chain of controlled undertakings through which the voting rights and/or the financial instruments are effectively held, if applicable:

Registered Shareholder	No. of Voting Rights
FBD Insurance plc KGKAV ACCT	334,146
Nominee Limited	51,135,353
Total	51,469,499

Proxy Voting:	
10. Name of the proxy holder:	
11. Number of voting rights proxy holder will cease to hold:	
12. Date on which proxy holder will cease to hold voting rights:	
13. Additional information:	Done at FBD House, Bluebell, Dublin 12 on 12 November 2009
14. Contact name:	Conor Gouldson, Company Secretary, FBD Insurance plc
15. Contact telephone number:	+353 1 409 3208