



File number 82 - 524

**FRIENDS PROVIDENT**

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Friends Provident plc  
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Telephone 0870 6083678 Fax 01306 654991

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OFFICE OF INTERNATIONAL  
CORPORATE FINANCE

Securities and Exchange Commission  
Office of International Corporate Finance  
Mail Stop 3 -2  
450 Fifth Street, N.W.  
Washington DC 20549



29 March 2005



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SUPPL

Dear Sir

**Friends Provident plc - File number 82 - 524**

I enclose recent releases to the London Stock Exchange, since our last submission to you: -

29 Mar 05      Director Shareholding

Should you require any assistance, please do not hesitate to contact me by email to [hornj@friendsprovident.co.uk](mailto:hornj@friendsprovident.co.uk).

Yours sincerely

Ms. Jenni Horn  
Company Secretariat Assistant

Enc.

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**FRIENDS PROVIDENT PLC (“the Company”)**

**DIRECTOR’S SHAREHOLDING**

Mr Ray King, a non-executive Director of the Company, has today notified the Company that he has today acquired 10,000 shares in the Company at a price of £1.79 each.

Following this transaction, Mr King’s interest in ordinary shares of the Company is as follows: -

Beneficial	10,000
Non-beneficial	Nil

The total issued share capital of the Company is 2,058,008,962 shares excluding shares held in Treasury.

For further information please contact:

Gordon Ellis – 01306 654802