Millwall Holdings plc
(the "Company")

2 December 2011

Notification of transactions of Persons Discharging Managerial Responsibilities and other changes of interests

The Company has been informed that on 25 November Jason Berland and Ari Press (The Press Family Trust) purchased 600 ordinary shares of £10 each in the share capital of the Company ("Ordinary Shares") at a price of £1.50 per Ordinary Share. Following this transaction, the number of Ordinary Shares held by Richard Press (a Director of the Company) and his family is 44,859 Ordinary Shares representing 3.23% of the issued share capital of the Company.

On 28 November 2011, the Company was informed by Sports Regeneration Limited that Mr Graham Ferguson Lacey no longer has any interest in the shares of that company which continues to hold 52,693 Ordinary Shares. Additionally, Sports Regeneration Limited is the beneficial holder of 10,000 Ordinary Shares registered in the name of Forest Nominees Limited. Sports Regeneration Limited's total beneficial holding is therefore 62,693 Ordinary Shares representing 4.51% of the issued share capital of the Company.

Contacts:

Millwall Holdings plc:	Andy Ambler / Tom Simmons 020 7232 1222
Singer Capital Markets:	Claes Spang / Nick Donovan 020 3205 7500