

**CHARGES AGAINST KAI SEIKKU IN INSIDER MATTER RELATED TO SHARE TRADES BY
LSO OSUUSKUNTA**

Trainers' House Plc has been informed that the Helsinki district prosecutor has decided that, amongst others, Kai Seikku, who is a member of the board of directors of Trainers' House Plc, will be charged with aggravated abuse of insider information in a matter which relates to share trades by LSO Osuuskunta in HK-Ruokatalo Group Corporation's (current HKScan Corporation) shares in August 2006.

The matter does not in any manner relate to Trainers' House Plc nor to Seikku's position as member of the board of directors of Trainers' House Plc.

TRAINERS' HOUSE PLC

Aarne Aktan

Chairman of the Board of Directors

FURTHER INFORMATION

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