

THIS DEED OF EXCHANGE is dated the 23rd day of October
One thousand nine hundred and eighty-six BETWEEN JOHN EMYR LLOYD
of Cefn Carnau Farm Thornhill Caerphilly in the County of Mid
Glamorgan Company Director (hereinafter called "Mr. Lloyd") of
the one part and DOUBLEGROWTH LIMITED whose registered office is
at Pontygwindy Caerphilly aforesaid (hereinafter called
"Doublegrowth") of the other part

WHEREAS:

(A) Mr. Lloyd is the registered holder of 38878 fully paid
shares (the "Castle Dairies Shares") of £1 each in Castle Dairies
(Caerphilly) Limited ("Castle Dairies")

(B) Doublegrowth has acquired all the other issued shares in
Castle Dairies and has agreed to acquire the Castle Dairies
Shares in consideration of the issue to Mr. Lloyd of shares in
Doublegrowth as hereinafter appears

N O W THIS DEED W I T N E S S E T H that in consideration of
the premises it is hereby agreed between the parties that Mr.
Lloyd will forthwith transfer to Doublegrowth the Castle Dairies
Shares and in exchange therefor Doublegrowth will issue to Mr.
Lloyd 30000 fully paid ordinary shares of £1 each in Doublegrowth

IN WITNESS WHEREOF the parties hereto have hereunto set
their hands and seals the day and year first before written

SIGNED SEALED and DELIVERED by the said)
JOHN EMYR LLOYD in the presence of:-)

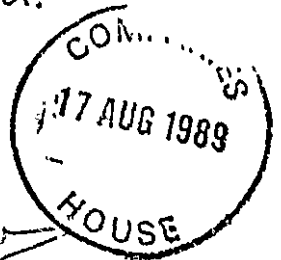
J. E. Lloyd.

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Certified copy.

Alan Palmer

*Director / Co Sec of Castle Dairies Ltd
and Castle Dairies (Caerphilly) Ltd*



THE COMMON SEAL OF DOUBLEGROWTH LIMITED)
was hereunto affixed in the presence of:-)

Director - J.E. Hardy.

Secretary - Alan Palmer

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Certified copy Alan Palmer

Director / Co Sec of Castle Darnies Ltd
and Castle Darnies (Geophilly) Ltd