

Director Shareholding

F&C Capital & Income Inv Tst PLC 03 February 2003 SCHEDULE 11 NOTIFICATION OF INTERESTS OF DIRECTORS AND CONNECTED PERSONS

1. Name of company F&C Capital and Income Investment Trust PLC

2) Name of director Graham Ross Russell - 51 shares at 1.38p each

3) Please state whether notification indicates that it is in respect of holding of the shareholder named in 2 above or in respect of a non-beneficial interest or in the case of an individual holder if it is a holding of that person's spouse or children under the age of 18 or in respect of a non-beneficial interest As in 2, 25 shares, Spouse, Mrs Jean Ross Russell - 26 shares at 1.38p each

4) Name of the registered holder(s) and, if more than one holder, the number of shares held by each of them (if notified) Henderson Nominees Ltd

5) Please state whether notification relates to a person(s) connected with the Director named in 2 above and identify the connected person(s) As above

6) Please state the nature of the transaction. For PEP transactions please indicate whether general/single co PEP and if discretionary/non discretionary Purchase of shares under the F&C PEP Scheme made on Mr & Mrs G. Ross Russell's behalf by the Administrator thereof, Cogent

7) Number of shares/amount of stock acquired 51 in total

8) Percentage of issued class 0.0001%

9) Number of shares/amount of stock disposed n/a

10) Percentage of issued class n/a

11) Class of security Ordinary Shares of 25p

12) Price per share Â£1.38

13) Date of transaction 3rd February 2003

14) Date company informed 3rd February 2003

15) Total holding following this notification 68,122

16) Total percentage holding of issued class following this notification 0.14% If a director has been granted options by the company please complete the following boxes

17) Date of grant n/a

18) Period during which or date on which exercisable n/a

19) Total amount paid (if any) for grant of the option n/a

20) Description of shares or debentures involved: class, number n/a

21) Exercise price (if fixed at time of grant) or indication that price is to be fixed at time of exercise n/a

22) Total number of shares or debentures over which options held following this notification n/a

23) Any additional information n/a

24) Name of contact and telephone number for queries S.A. Cox Tel: 020 7628 8000

25) Name and signature of authorised company official responsible for making this notification Mr D. Harding For and on behalf of F&C Management Limited, Secretary

Date of Notification 3rd February 2003

This information is provided by RNS The company news service from the London Stock Exchange