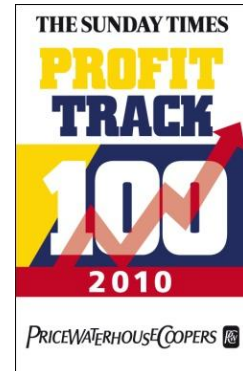
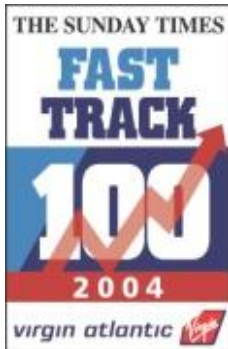


***** PRESS RELEASE - FOR IMMEDIATE RELEASE *****

IT Human Resources plc announces its

HAT-TRACK

Of Sunday Times Awards



Five years on from their inclusion in the Sunday Times Virgin Atlantic Fast Track 100 and a mere 3 months after their inclusion in the PriceWaterhouseCoopers 2010 Profit Track at the heady height of number 10 in the league IT Human Resources plc the Leicester Square based IT resourcing and consultancy specialist has been accoladed once again, this time in the prestigious Sunday Times HSBC International Track 100.

The achievement makes it a Hat-Track of Sunday Times accolades for the proudly independent Company founded by Sean Gallagher some 11 short years ago.

Whilst the Fast Track lists companies by turnover growth and the Profit Track measures the UK's fastest growing organisations by profit growth over 3 consecutive years the International Track measures companies by growth of export sales over a 3 year period.

Ranked at number 16 in the chart ITHR's overseas services sales grew some 112% year on year from 2007-2009, or from £4m to over £18 m per annum in the period - a truly stellar performance considering that period included some of the most challenging economic trading times in over 80 years.

Sean Gallagher, Chief Executive of the ITHR Group plc said of the award "The Sunday Times Track100 surveys are the most respected in the UK for unquoted

companies and to be named not only as the only specialist IT resourcing and consulting provider in the top 100 and one of only 4 recruitment services providers in the chart is an unbelievable achievement. Five years ago we [ITHR] featured in the Fast Track 100, which in itself is a fantastic achievement for any company. In April we featured at number 10 in the Sunday Times PriceWaterhouseCoopers Profit Track100 and to follow that up with our International Track listing is quite simply a testament to our total commitment to quality; be that of our service to stakeholders and in particular our clients, contractors and candidates, the calibre of our own staff and the underlying ethos that ITHR has been built on since our foundation.

Quite simply to achieve a Hat-Track of Sunday Times listings is unbelievable and with only a matter of weeks to go until we move to our new greatly enlarged corporate HQ we will build on these past successes and go on to unlock our ambitious growth potential and realise our long held vision and aspirations”.

Ends.