



PRESS RELEASE

Hamilton, Bermuda
29th January, 2008

STARTS

BF&M Limited today announced that the Board of Directors approved a 1 for 10 Stock Dividend to shareholders of record 29th February 2008. The Company further announced an increase in the cash dividend for shareholders of record 31st March 2008 from 16 cents to 20 cents.

John Wight, President & Chief Executive Officer of BF&M Limited, said that “with increased sustainable earnings of the company the directors decided that the return to shareholders by way of dividends be commensurate with these strong financial results. Each shareholder of record on 29th February 2008 will receive one extra share for each ten shares held, and following that for record date 31st March 2008, will receive an increase of 4 cents per share (or 25%) in their cash dividend on the increased number of shares.”

ENDS

BACKGROUND

BF&M Limited is the holding company of the BF&M Insurance Group. The two largest operating companies within the Group are BF&M Life Insurance Company Limited, a leading provider of life, health and pensions products, and BF&M General Insurance Company Limited, the leading general insurer providing all forms of property, casualty, motor and marine products. The group includes several other companies including North Atlantic Asset Management Limited, Bermuda International Insurance Services Limited, Bermuda International Reinsurance Services Limited, Marchmont Insurance Company Limited, Insurance Corporation of Barbados (51.7% interest) and BF&M Properties Limited, (including Scarborough Property Holdings Limited and Barr's Bay Properties Limited)

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