

**Thursday 14th of May 2026**

**Gainers**

S/N	Symbol	14-05-2026 Opening Price	14-05-2026 Closing Price	Gain	%Change
1	FOOD CONCEPTS PLC	2.26	2.35	0.09	3.99

**Losers**

S/N	Symbol	14-05-2026 (Opening Price)	14-05-2026 (Closing Price)	Gain	%Change
1	CENTRAL SECURITIES CLEARING SYSTEM PLC	72	71	-1	-1.39
2	FRIESLAND CAMPINA WAMCO NIGERIA PLC	146.34	144.76	-1.58	-1.08
3	FIRSTTRUST MORTGAGE BANK PLC	2.52	2.27	-0.25	-9.92
4	NITROX INDUSTRIAL GASES PLC	28	27	-1	-3.57
5	UBN PROPERTY PLC	2.25	2.04	-0.21	-9.33