News Release

For Immediate Release

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PMA Companies Promotes Michael McMahon to SVP of Risk Control Services

Blue Bell, PA – Jan. 26, 2010 – PMA Companies announced that Michael McMahon has been promoted to Senior Vice President of Risk Control Services. For more than 40 years, Mr. McMahon has served in a number of leadership roles with PMA Companies including Regional Loss Prevention Manager, Regional Operations Manager and, most recently, Vice President of Risk Control Services.

As the leader of PMA Companies Risk Control Department for nearly two decades, Mr. McMahon and his staff have focused on delivering highly effective risk control services for our clients, and setting the bar in the industry with the introduction of new innovative programs and service offerings. New offerings have included the creation of specialized risk control teams who have extensive expertise in key industries, on-line cost-effective training for our busy clients, and the launch of PMA Websource[sm], a comprehensive online portal of safety and risk management resources.

"Mike has been instrumental in creating solutions for both PMA's insured and third party administrator (TPA) customers, and he has helped PMA's Risk Control Department earn high customer satisfaction ratings," said John Santulli, PMA Companies Executive Vice President. "With Mike's leadership, we have been able to effectively manage our customers' claims frequency, which has a positive impact for our customers as well as on our loss ratios and underwriting performance."

In his new role as Senior Vice President of Risk Control Services, McMahon will provide the leadership to ensure that risk control continues to be a key service area that helps differentiate PMA Companies in a competitive marketplace. In addition to leading the risk control function for the PMA Insurance Group, McMahon will continue to provide support and direction to the risk control service operations of PMA Management Corp., PMA Management Corp. of New England and Midlands Management Corporation.

McMahon started his risk control career with PMA in 1969, after being honorably discharged from the United States Marine Corp. He received a bachelor's degree in Business Administration degree from Pennsylvania State University.

About the PMA Companies®
The PMA Companies, www.pmacompanies.com, provides risk management solutions and services, including workers' compensation and other property & casualty insurance throughout the United States. Headquartered in Blue Bell, PA, the PMA Companies are the operating companies of PMA Capital Corporation (NASDAQ: PMACA), a holding company, that includes the PMA Insurance Group, specializing in workers' compensation and other commercial property & casualty insurance products; PMA Management Corp. and PMA Management Corp. of New England, providing results-driven risk management services and Midlands Management Corporation, a managing general agent with a specialty in excess workers' compensation, program administration and fee-based TPA services.