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in this Form, the registrant is also thereby furnishing information to the Commission pursuant to Rule 12g3-2 (b) under the Securities Exchange Act of 1934.]

Yes No X
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If "Yes" is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2 (b) : 82- n/a.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

Smith & Nephew Plc
(Registrant)

Date: July 29, 2009

By: /s/ Susan Henderson

Susan Henderson
Company Secretary

BLOCK LISTING SIX MONTHLY RETURN

Information provided on this form must be typed or printed electronically.

To: The FSA

Date: 29 July 2009

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Name of applicant:	Smith & Nephew plc
Name of scheme:	1985 Executive Share Option Scheme
Period of return:	From: 24 January 2009 To: 23 July 2009
Balance under scheme from previous return:	12,013
The amount by which the block scheme has been increased, if the scheme has been increased since the date of the last return:	N/A
Number of securities issued/allotted under scheme during period:	5,572
Balance under scheme not yet issued/allotted at end of period	6,441
Number and class of securities originally listed and the date of admission	30,000 Ordinary Shares of US\$ 20 cents each listed on 13 February 2007
Total number of securities in issue at the end of the period	884,110,366 ordinary shares of US\$ 20 cents each are in issue. 65,984,911 ordinary shares of US\$20 cents each are held in treasury.

Name of contact:	Gemma Parsons
Address of contact:	15 Adam Street, London, WC2N 6LA
Telephone number of contact:	0207 960 2228

SIGNED BY Susan Henderson, Company Secretary

for and on behalf of

Smith & Nephew plc

If you knowingly or recklessly give false or misleading information you may be liable to prosecution.

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To: The FSA

Date: 29 July 2009

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Name of applicant:	Smith & Nephew plc
Name of scheme:	1990 International Executive Share Option Scheme
Period of return:	From: 24 January 2009 To: 23 July 2009
Balance under scheme from previous return:	660,052
The amount by which the block scheme has been increased, if the scheme has been increased since the date of the last return:	N/A
Number of securities issued/allotted under scheme during period:	81,103
Balance under scheme not yet issued/allotted at end of period	578,949
Number and class of securities originally listed and the date of admission	1,850,000 ordinary shares of US\$ 20 cents each on 23 January 2006
Total number of securities in issue at the end of the period	884,110,366 ordinary shares of US\$ 20 cents each are in issue. 65,984,911 ordinary shares of US\$20 cents each are held in treasury.

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To: The FSA

Date: 29 July 2009

Name of applicant:	Smith & Nephew plc
Name of scheme:	2001 UK Approved Share Option Scheme

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Period of return:	From:	24 January 2009	To:	23 July 2009
Balance under scheme from previous return:		235,625		
The amount by which the block scheme has been increased, if the scheme has been increased since the date of the last return:		N/A		
Number of securities issued/allotted under scheme during 0 period:				
Balance under scheme not yet issued/allotted at end of period		235,625		
Number and class of securities originally listed and the date of admission		500,000 ordinary shares of US\$ 20 cents each listed on 23 January 2006		
Total number of securities in issue at the end of the period		884,110,366 ordinary shares of US\$ 20 cents each are in issue. 65,984,911 ordinary shares of US\$20 cents each are held in treasury.		

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To: The FSA

Date: 29 July 2009

Name of applicant:	Smith & Nephew plc
Name of scheme:	2001 UK Unapproved Share Option Scheme

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Period of return:	From:	24 January 2009	To:	23 July 2009
Balance under scheme from previous return:		750,009		
The amount by which the block scheme has been increased, if the scheme has been increased since the date of the last return:		N/A		
Number of securities issued/allotted under scheme during period:		26,000		
Balance under scheme not yet issued/allotted at end of period		724,009		
Number and class of securities originally listed and the date of admission		1,000,000 ordinary shares of US\$ 20 cents each listed on 13 February 2007. 500,000 ordinary shares of US\$ 20 cents listed on 2 August 2007.		
Total number of securities in issue at the end of the period		884,110,366 ordinary shares of US\$ 20 cents each are in issue. 65,984,911 ordinary shares of US\$20 cents each are held in treasury.		
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To: The FSA

Date: 29 July 2009

Name of applicant:		Smith & Nephew plc		
Name of scheme:		2001 US Share Option Scheme		
Period of return:	From:	24 January 2009	To:	23 July 2009
Balance under scheme from previous return:		1,586,115		

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The amount by which the block scheme has been increased, if the scheme has been increased since the date of the last return: N/A

Number of securities issued/allotted under scheme during period: 36,900

Balance under scheme not yet issued/allotted at end of period: 1,549,215

Number and class of securities originally listed and the date of admission: 1,500,000 ordinary shares of US\$ 20 cents each listed on 13 February 2007. 1,000,000 ordinary shares of US\$ 20 cents each listed on 2 August 2007. 2,000,000 ordinary shares of US\$ 20 cents each listed on 10 September 2008.

Total number of securities in issue at the end of the period: 884,110,366 ordinary shares of US\$ 20 cents each are in issue. 65,984,911 ordinary shares of US\$20 cents each are held in treasury.

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To: The FSA

Date: 29 July 2009

Name of applicant: Smith & Nephew plc
Name of scheme: International Employees Share Option Scheme
Period of return: From: 24 January 2009 To: 23 July 2009
Balance under scheme from previous return: 1,312,921

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The amount by which the block scheme has been increased, if the scheme has been increased since the date of the last return: N/A

Number of securities issued/allotted under scheme during period: 36,893

Balance under scheme not yet issued/allotted at end of period: 1,276,028

Number and class of securities originally listed and the date of admission: 1,000,000 ordinary shares of US\$ 20 cents each listed on 23 January 2006. 1,000,000 ordinary shares of US\$ 20 cents each listed on 10 September 2008.

Total number of securities in issue at the end of the period: 884,110,366 ordinary shares of US\$ 20 cents each are in issue. 65,984,911 ordinary shares of US\$20 cents each are held in treasury.

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To: The FSA

Date: 29 July 2009

Name of applicant: Smith & Nephew plc
Name of scheme: UK Employee Share Option Scheme
Period of return: From: 24 January 2009 To: 23 July 2009
Balance under scheme from previous return: 1,392,245
N/A

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The amount by which the block scheme has been increased, if the scheme has been increased since the date of the last return:

Number of securities issued/allotted under scheme during 85,195 period:

Balance under scheme not yet issued/allotted at end of period 1,307,050

Number and class of securities originally listed and the date of admission 1,500,000 ordinary shares of US\$ 20 cents each listed on 23 January 2006. 1,500,000 ordinary shares of US\$ 20 cents each listed on 10 September 2008.

Total number of securities in issue at the end of the period 884,110,366 ordinary shares of US\$ 20 cents each are in issue. 65,984,911 ordinary shares of US\$20 cents each are held in treasury.

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To: The FSA

Date: 29 July 2009

Name of applicant: Smith & Nephew plc
Name of scheme: 2004 Performance Share Plan
Period of return: From: 24 January 2009 To: 23 July 2009
Balance under scheme from previous return: 657,583
The amount by which the block scheme has been increased, if the scheme has been increased since the date N/A

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of the last return:

Number of securities issued/allotted under scheme during 263,677

period:

Balance under scheme not yet issued/allotted at end of 393,906
period

Number and class of securities originally listed and the 750,000 ordinary shares of US\$ 20 cents each listed on
date of admission 13 February 2007

Total number of securities in issue at the end of the 884,110,366 ordinary shares of US\$ 20 cents each are in
period issue. 65,984,911 ordinary shares of US\$20 cents each
are held in treasury.

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To: The FSA

Date: 29 July 2009

Name of applicant:

Smith & Nephew plc

Name of scheme:

2004 Executive Share Option Plan

Period of return:

From:

24 January 2009

To:

23 July 2009

Balance under scheme from previous return:

720,491

The amount by which the block scheme has been
increased, if the scheme has been increased since the date
of the last return:

N/A

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Number of securities issued/allotted under scheme during 0
period:
Balance under scheme not yet issued/allotted at end of 720,491
period
Number and class of securities originally listed and the 1,000,000 ordinary shares of US\$ 20 cents each listed
date of admission on 13 February 2007
Total number of securities in issue at the end of the 884,110,366 ordinary shares of US\$ 20 cents each are in
period issue. 65,984,911 ordinary shares of US\$20 cents each
are held in treasury.

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To: The FSA

Date: 29 July 2009

Name of applicant: Smith & Nephew plc
Name of scheme: 2004 Co-investment Plan
Period of return: From: 24 January 2009 To: 23 July 2009
Balance under scheme from previous return: 532,514
The amount by which the block scheme has been N/A
increased, if the scheme has been increased since the date
of the last return:
Number of securities issued/allotted under scheme during 99,060
period:
433,454

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Balance under scheme not yet issued/allotted at end of period

Number and class of securities originally listed and the date of admission

750,000 ordinary shares of US\$ 20 cents each listed on 13 February 2007

Total number of securities in issue at the end of the period

884,110,366 ordinary shares of US\$ 20 cents each are in issue. 65,984,911 ordinary shares of US\$20 cents each are held in treasury.

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