



BLUEPRINT  
Company Secretary

Please complete in typescript,  
or in bold black capitals.

CHFP055

Company Number

224163

Company Name in full

SWALLOW GROUP PLC

## APPOINTMENT of director or secretary

(NOT for resignation (use Form 288b) or  
change of particulars (use Form 288c))

Date of  
appointment

Day Month Year  
07 01 2000

†Date of  
Birth

Day Month Year  
30 04 1943

Appointment as director



as secretary

Please mark the appropriate box. If appointment  
is as a director and secretary mark both boxes.

### Appointment form

NAME \*Style / Title

\*Honours etc

Forename(s)

ALAN STEVEN

Surname

PERELMAN

Previous  
Forename(s)

Previous  
Surname

Usual residential  
address

66 WOODSIDE AVENUE  
HIGHGATE

Post town

LONDON

Postcode

NG 4ST

County / Region

Country

† Nationality

BRITISH &  
AUSTRALIAN

†Business  
occupation

DIRECTOR

† Other directorships  
(additional space overleaf)

SEE ATTACHED

I consent to act as \*\* director / secretary of the above named company

Consent Signature

Date

15-6-2000

A director, secretary etc must sign the form below.

Signed

Date

15-6-2000

(\*a director / secretary / administrator / administrative receiver / receiver manager / receiver)

THE SECRETARY  
WHITBREAD PLC  
LONDON  
EC1Y 4SD

\* Voluntary details.

† Directors only.

\*\* Please delete as appropriate.

Please give the name, address,  
telephone number and, if available,  
a DX number and Exchange of  
the person Companies House should  
contact if there is any query



A42  
COMPANIES HOUSE  
COMPANIES HOUSE

0664  
18/07/00  
06/07/00

When you have completed and signed the form please send it to the  
Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF14 3UZ DX 33050 Cardiff  
for companies registered in England and Wales or  
Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB  
for companies registered in Scotland DX 235 Edinburgh

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† Directors only.

† Other directorships

SEE ATTACHED

## NOTES

Show the full forenames, NOT INITIALS. If the director or secretary is a corporation or Scottish firm, show the name on surname line and registered or principal office on the usual residential line.

Give previous forenames or surname(s) except:

- for a married woman, the name by which she was known before marriage need not be given.
- for names not used since the age of 18 or for at least 20 years

A peer or individual known by a title may state the title instead of or in addition to the forenames and surname and need not give the name by which that person was known before he or she adopted the title or succeeded to it.

### Other directorships.

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

- dormant
- a parent company which wholly owned the company making the return, or
- another wholly owned subsidiary of the same parent company.

# Individual Profile

Alan Steven Perelman



## Current Directorships

| Company Name                               | Title                | Appointment | Cessation |
|--|----------------------|-------------|-----------|
| Britannia Soft Drinks Limited              | <i>Non-executive</i> |             |           |
| Britvic Holdings Limited                   | Non-executive        | 15-May-1990 |           |
| CGNU Limited                               | <i>Non-executive</i> | 30-May-2000 |           |
| Norwich Union plc                          | Non-executive        | 10-Mar-1997 |           |
| Whitbread Pension Trustees Limited         |                      | 05-Feb-1990 |           |
| Whitbread PLC                              | Finance Director     | 01-Nov-1989 |           |
| Whitbread Share Ownership Trustees Limited |                      | 01-Aug-1990 |           |

## David Lloyd Leisure

| Company Name                | Title | Appointment | Cessation |
|-----------------------------|-------|-------------|-----------|
| David Lloyd Leisure Limited |       | 08-Sep-1995 |           |

## First Quench

| Company Name                      | Title | Appointment | Cessation |
|-----------------------------------|-------|-------------|-----------|
| Agnew Stores Limited              |       | 29-Aug-1998 |           |
| D&A Haddow Limited                |       | 29-Aug-1998 |           |
| First Quench Retailing Limited    |       | 28-Aug-1998 |           |
| The Victoria Wine Company Limited |       | 29-Aug-1998 |           |
| Thresher and Company Limited      |       | 12-Jun-1998 |           |

## swallow

| Company Name      | Title | Appointment | Cessation |
|-------------------|-------|-------------|-----------|
| Swallow Group PLC |       | 07-Jan-2000 |           |

## Past Directorships

| Company Name  | Title         | Appointment | Cessation   |
|---|---------------|-------------|-------------|
| Norwich Union Fire Insurance Society Limited            | Non-executive | 01-Aug-1995 | 16-Jun-1997 |
| Norwich Union Holdings Public Limited Company           | Non-executive | 01-Aug-1995 | 16-Jun-1997 |
| Norwich Union Insurance Limited                         | non executive | 01-Aug-1995 | 16-Jun-1997 |
| The Gateway Corporation PLC ( <i>and subsidiaries</i> ) |               | 03-Jan-1986 | 24-Jul-1989 |
| The Norwich Union Life Insurance Society                | Non-executive | 01-Aug-1995 | 16-Jun-1997 |
| Whitbread International Trading Limited                 |               | 24-Jul-1990 | 24-Feb-1995 |
| Whitbread Investment Company Limited                    |               | 25-Nov-1993 | 26-Nov-1997 |
| Whitbread Investment Company Securities Limited         |               | 25-Nov-1993 | 07-Nov-1997 |

## David Lloyd Leisure

| Company Name                          | Title | Appointment | Cessation   |
|---------------------------------------|-------|-------------|-------------|
| David Lloyd Leisure Nurseries Limited |       | 29-May-1998 | 30-Nov-1998 |