



COMPANIES HOUSE

Please complete in typescript,
or in bold black capitals.

288a

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

Company Number

1227964

Company Name in full

CREIGHTON'S NATURALLY PLC



F288A018

Date of appointment

Day	Month	Year
03	03	97

†Date of Birth

Day	Month	Year
19	03	52

Appointment form

Appointment as director



as secretary



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

NAME

*Style / Title

*Honours etc

BA (ECON)

Notes on completion
appear on reverse.

Forename(s)

SIMON NICHOLAS

Surname

PICKFORD

Previous
Forename(s)

Previous
Surname(s)

Usual residential
address

38 PULTENEY DRIVE,

Post town

TILLINGTON

Postcode

ST16 1NU

County / Region

STAFFORD

Country

ENGLAND

†Nationality

BRITISH

†Business occupation

DIRECTOR

†Other directorships
(additional space overleaf)

Consent signature

Date

11/3/97

* Voluntary details.

† Directors only.

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

A director, secretary etc must sign the form below.

Signed

Date

11/3/97

** Please delete as appropriate

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

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.

REYNOLDS ROBERTSON, W & J BURNES WS,

16 HOPE STREET, EDINBURGH,

EH2 4DD

Tel 0131 226 2561

DX number

DX exchange



A19 *ANU2WTZH* 536
COMPANIES HOUSE 14/03/97

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

Companies House, Crown Way, Cardiff, CF4 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

Company Number

† Directors only.

† Other directorships

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 preceded 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.