



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))

CHFP029

Company Number 2139599

Company Name in full BENEFIT HEALTH FOODS LIMITED

Appointment form

Date of appointment Day Month Year
3 1 1 2 2 0 0 0

†Date of Birth Day Month Year

Appointment as director ☐

as secretary ☒

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

Notes on completion
appear on reverse.

NAME

*Style / Title

MR

*Honours etc

Forename(s)

PETER

Surname

SMERDON

Previous
Forename(s)

Previous
Surname(s)

Usual residential
address

40 STONETON CRESCENT, BALSALL COMMON

Post town

COVENTRY

Postcode

CV7 7QG

County / Region

WARWICKSHIRE

Country

ENGLAND

†Nationality

†Business occupation

†Other directorships
(additional space overleaf)

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

Consent signature

Date

14.12.00.

* Voluntary details.

† Directors only.

**Delete as appropriate

A director, secretary etc must sign the form below.

Signed

Date

28/12/00

(* 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.

MISS J R HEATON, GEHE UK PLC, SAPPHIRE COURT, WALSGRAVE TRIANGLE, COVENTRY,

WARWICKSHIRE, CV2 2TX

Tel 024 7643 2440

DX number

DX exchange

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



A49
COMPANIES HOUSE

0074
05/01/01

Form revised July 1998

Company Number 2139599

† 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 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.