



Please complete in typescript,
or in bold black capitals.

NW
K504 + 28
003545

363a

Annual Return

Company Number

2139599

Company Name in full

BENEFIT HEALTH FOODS LIMITED



* F363AD40 *

Date of this return (See note 1)

The information in this return is made up to

Day Month Year

08 03 1996

Date of next return (See note 2)

If you wish to make your next return to a date earlier than the anniversary of this return please show the date here. Companies House will then send a form at the appropriate time.

Day Month Year

08 03 1997

Registered Office (See note 3)

Show here the address at the date of this return.

Any change of
registered office
must be notified
on form 287.

Post town

County / Region

Postcode

BRITANNIA HOUSE

CENTURION PARK

TAMWORTH

STAFFORDSHIRE

B77 5TZ

Principal business activities

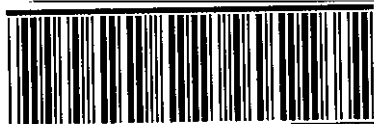
(See note 4)

Show trade classification code number(s) for the principal activity or activities.

9999

If the code number cannot be determined, give a brief description of principal activity.

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



A04 *AGZ0CL0M* 281
COMPANIES HOUSE 25/04/96

Register of members *(See note 5)*

If the register of members is not kept at the registered office, state here where it is kept.

Post town

County / Region

Postcode

Register of Debenture holders*(See note 6)*

If there is a register of debenture holders and it is not kept at the registered office, state here where it is kept.

Post town

County / Region

Postcode

Company type *(See note 7)*

Public limited company

Private company limited by shares

Private company limited by guarantee without share capital

Private company limited by shares exempt under section 30

Private company limited by guarantee exempt under section 30

Private unlimited company with share capital

Private unlimited company without share capital

X

Please mark the appropriate box

Company Secretary *(see notes 1-5)***Details of a new company secretary must be notified on form 288a.**

(Please photocopy this area to provide details of joint secretaries).

Name * Style / Title

MR

*Honours etc

Forename(s)

MAHMOOD

Surname

EBRAHIMJEE

* Voluntary details.

Previous forename(s)

Previous surname(s)

Address

112 WANTAGE ROAD

Usual residential

address must be given. In the case of a corporation, give the registered or principal office address.

Post town

WALLINGFORD

County / Region

OXON

Postcode

OX10 0LX

Country

Directors (see notes 1 to 5)

Please list directors in alphabetical order.

Details of new directors must be notified on form 288a

Name	* Style / Title	MR	Day	Month	Year	
	* Honours etc	FCCA, MCT	Date of birth	15	08	1958
Forename(s)	JONATHAN CRISPIN					
Surname	FELLOWS					
Previous forename(s)						
Previous surname(s)						
Address	31 LOWERCROFT WAY, FOUR OAKS					
<i>Usual residential address</i> must be given. In the case of a corporation, give the registered or principal office address.	Post town	SUTTON COLDFIELD				
	County / Region	WEST MIDLANDS	Postcode	B74 4XF		
	Country		Nationality	BRITISH		
Business occupation	GROUP FINANCE DIRECTOR					
Other directorships	See attached list					
* Voluntary details.						

Name	* Style / Title	MR	Day	Month	Year	
	* Honours etc	BSC, MRPHARMS	Date of birth	09	05	1949
Forename(s)	ALLEN JOHN					
Surname	LLOYD					
Previous forename(s)						
Previous surname(s)						
Address	YEW HOUSE, FREASLEY					
<i>Usual residential address</i> must be given. In the case of a corporation, give the registered or principal office address.	Post town	TAMWORTH				
	County / Region	STAFFORDSHIRE	Postcode	B78 2EY		
	Country		Nationality	BRITISH		
Business occupation	PHARMACIST/CHAIRMAN					
Other directorships	See attached list					

Directors(see notes 1-5)*Please list directors in alphabetical order***Details of new directors must be notified on form 288a.**

Name	* Style / Title	MR			Day	Month	Year	
	* Honours etc				Date of birth	31	07	1956
Forename(s)	MICHAEL ASHLEY							
Surname	WARD							
Previous forename(s)								
Previous surname								
Address	BEECH LODGE, BUTCHERS ROW							
Usual residential address must be given. In the case of a corporation, give the registered or principal office address.	Post town	HAMPTON-IN-ARDEN						
	County / Region	WEST MIDLANDS			Postcode	B92 OAB		
	Country							
Nationality	BRITISH							
Business occupation	GROUP MANAGING DIRECTOR							
Other directorships	See attached list							

Name	* Style / Title				Day	Month	Year	
	* Honours etc				Date of birth			
Forename(s)								
Surname								
Previous forename(s)								
Previous surname								
Address								
Usual residential address must be given. In the case of a corporation, give the registered or principal office address.	Post town							
	County / Region				Postcode			
	Country							
Nationality								
Business occupation								
Other directorships								

* Voluntary details.

Other relevant directorships

Company Number

2139599

Company Name

BENEFIT HEALTH FOODS LIMITED

Directors Name

FELLOWS JONATHAN CRISPIN

† Directors only.

† Other directorships

CENTRAL BROADCASTING LIMITED

CENTRAL FILMS LIMITED

CENTRAL INDEPENDENT TELEVISION PLC

CENTRAL OBSERVER LIMITED

DEJA VIEW LIMITED

THE CENTRAL TELETHON TRUST LIMITED

THE IMAGE FACILITY LIMITED

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.

Other relevant directorships

Company Number

2139599

Company Name

BENEFIT HEALTH FOODS LIMITED

Directors Name

LLOYD ALLEN JOHN

† Directors only.

† Other directorships

COMPANY CHEMISTS ASSOCIATION LIMITED

JAGUAR DAIMLER HERITAGE TRUST LIMITED

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.

SEVERN TRENT PLC

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.

Other relevant directorships

Company Number

2139599

Company Name

BENEFIT HEALTH FOODS LIMITED

Directors Name

WARD MICHAEL ASHLEY

† Directors only.

† Other directorships

FOOD INGREDIENTS LIMITED

HP BULMER (OVERSEAS HOLDINGS) LIMITED

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.

HP BULMER HOLDINGS PLC

HP BULMER LIMITED

RED CREEK FINANCE PLC

THE STRONGBOW DRINKS COMPANY LIMITED

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.

Issued share capital^(see note 9)
Enter details of all the shares in issue at the date of this return.

Class (e.g. Ordinary/Preference)	Number of shares issued	Aggregate Nominal Value (i.e. Number of shares issued multiplied by nominal value per share)
ORDE1	2	£ 2.00
Totals	2	£ 2.00

List of past and present members

(Use attached schedule where appropriate)

A full list is required if one was not included with either of the last two returns.

(see note 10)

There were no changes in the period

☐

on paper in another format

A list of changes is enclosed

☐
☐

A full list of members is enclosed

☒
☐

Elective resolutions

(Private companies only)

(See note 11)

If at the date of this return an election is in force to dispense with annual general meetings, mark this box

☐

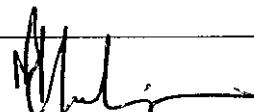
If at the date of this return an election is in force to dispense with laying accounts in general meetings, mark this box

☐

Certificate

I certify that the information given in this return is true to the best of my knowledge and belief.

Signed



Date

9/4/96

† Please delete as appropriate.

† a director/secretary

When you have signed the return send it with the fee to the Registrar of Companies. Cheques should be made payable to Companies House.

This return includes

(enter number)

continuation sheets.

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

JOHN SADLER, BLACKWOOD ROAD, DOSTHILL, TAMWORTH, B77 1JB	
Tel	
DX number	DX exchange



SECRETARIAT

*Please complete in typescript,
or in bold black capitals.*

**List of past and present members
Schedule to form 363a, 363b**

Company Number 2139599

Company Name in full BENEFIT HEALTH FOODS LIMITED

Number of shares
or amount of
stock held by
existing members
at date of this
return.

Particulars of shares or stock transferred since
the date of the last return (or in the case of the
first return, since the incorporation of the
company) by
(a) persons who are still members, and
(b) persons who have ceased to be members.

Name and address	Number or amount currently held	Number or amount Transferred	Date of registration of transfer	Remarks
MACARTHY NOMINEES LIMITED BRITANNIA HOUSE, CENTURION PARK, TAMWORTH, STAFFORDSHIRE, B77 5TZ	ORD£1 1			
MACARTHY LIMITED BRITANNIA HOUSE, CENTURION PARK, TAMWORTH, STAFFORDSHIRE, B77 5TZ	ORD£1 1			