



Please complete in typescript,  
or in bold black capitals

# 288a

## Appointment of director or secretary

Company Number 2139599

Company Name in full BENEFIT HEALTH FOODS LIMITED



\* F288AD40 \*

Date of appointment Day Month Year 21 01 97 †Date of Birth Day Month Year 21 01 46

### 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

MR

\*Honours etc

Notes on completion appear on reverse.

Forename(s)

RONALD CHARLES HAROLD

Surname

VIZARD

Previous Forename(s)

Previous Surname(s)

Usual residential address

ORCHARDS, 242 CHESTER ROAD, HARTFORD

Post town

NORTHWICH

Postcode

CW8 1LW

County / Region

CHESHIRE

Country

ENGLAND

†Nationality

BRITISH

†Business occupation

COMMERCIAL DIRECTOR

†Other directorships (additional space overleaf)

GEHE INVEST FC

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

Consent signature

Date

24 FEB 1997

\* Voluntary details.  
† Directors only.

A director, secretary etc must sign the form below.

Signed

Date

24 FEB 1997

\*\* 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.

ANDREW NASH, LLOYDS CHEMISTS PLC., BLACKWOOD ROAD, DOSTHILL, TAMWORTH, B77 1JB

Tel

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, 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**

**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 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.