



SECRETARIAT

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 2139599

Company Name in full BENEFIT HEALTH FOODS LIMITED



\* F288AD40 \*

## Appointment form

Date of appointment Day Month Year 01 01 99 †Date of Birth Day Month Year 12 01 59

Appointment as director

X

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)

GERHARD VIKTOR

Surname

MISCHKE

Previous  
Forename(s)Previous  
Surname(s)Usual residential  
address

WHITEHILL FARMHOUSE, ALDERMINSTER

Post town

STRATFORD-ON-AVON

Postcode

CV37 8BW

County / Region

WARWICKSHIRE

Country

ENGLAND

†Nationality

GERMANY

†Business occupation

CHIEF FINANCE OFFICER

†Other directorships  
(additional space overleaf)

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

Consent signature

Date

18 JAN 1999

\* Voluntary details.  
† Directors only.

A director, secretary etc must sign the form below.

Signed

Date

18 JAN 1999

\*\* 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.

MISS J R HEATON, AAH PLC, SAPPHIRE COURT, WALSGRAVE TRIANGLE, COVENTRY, WARWICKSHIRE,

CV2 2TX

Tel 01203 432440

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**



A34 \*A8JR5D5F\* 317  
COMPANIES HOUSE 20/01/99

Revised March 1995

**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.