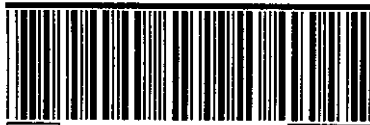




COMPANIES HOUSE

THE REGISTRAR OF COMPANIES  
COMPANIES HOUSE  
CROWN WAY  
CARDIFF  
CF4 3UZ



A32 \*AJ6GXTQV\* 523  
COMPANIES HOUSE 05/03/97

NWBC 004181

363s

## Annual Return

of company number 02896421

X

company name

NATURES WAY FOODS LIMITED

company type

PRIVATE COMPANY LIMITED BY SHARES

**This form should be completed in black.**

The information printed below is taken from Companies House records as at 25/01/97

If this information requires amendment use the spaces opposite.

### Date of this return (See note 1)

The information in this return should be made up to a date not later than

Day	Month	Year
09	02	97

If you are making the return up to an earlier date, show the date here. Please note that the form must be delivered to Companies House within 28 days of this earlier date.

Day	Month	Year

### 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

### Registered Office (See note 3)

This is the address registered by Companies House.

PARK FARM  
CHICHESTER ROAD  
SELSEY  
WEST SUSSEX PO20 9HP

.....

.....

.....

.....

### Principal business activities (See note 4)

Trade classification is  
5132 WHOLESALE OF MEAT AND MEAT PRODUCTS

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

02896421

**Register of members** (See note 5)

The register is kept at

REGISTERED OFFICE

If the information shown needs amendment, give details below and, for secretary and director particulars, the date of any change.

**Register of debenture holders** (See note 6)

Any register of debenture holders (or duplicate) is kept at

**Company Secretary** (See note 7)

Particulars of a new secretary **must** be notified on form 288.

DAVID WINSTON  
LANGMEAD  
WALNUT TREE FARM VINNETROW ROAD  
RUNCTON  
CHICHESTER  
WEST SUSSEX PO20 6QR

Day	Month	Year

 Date of any change.

If this person has ceased to be secretary, please state when.

Day	Month	Year

 Date of resignation.

**Directors** (See note 7)

Particulars of a new director **must** be notified on form 288.

DAVID WINSTON  
LANGMEAD  
WALNUT TREE FARM VINNETROW ROAD  
RUNCTON  
CHICHESTER  
WEST SUSSEX PO20 6QR

Day	Month	Year

 Date of any change.

Date of Birth:- 06/12/62  
Nat:BRITISH  
Occ:FARMER MARKET GARDENER

If this person has ceased to be director, please state when.

Day	Month	Year

 Date of resignation.

Show any relevant current and previous directorships.

**Directors - continued**

## Particulars.

ROBERT ANTHONY  
LANGMEAD  
BSC  
VINNETROW FARM BUSINESS PARK  
VINNETROW ROAD  
CHICHESTER  
WEST SUSSEX PO20 6QH

Date of Birth:- 10/07/68

Nat:BRITISH

Occ:PROPERTY MANAGER

If this person has ceased to be director, please  
state when.

Show any relevant current and previous directorships.

If the information shown needs amendment,  
give details below and the date of any change.

Day	Month	Year

 Date of any change.

## Particulars.

NO MORE DIRECTORS - ADDITIONAL SECRETARIES  
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

If this person has ceased to be director, please  
state when.

Show any relevant current and previous directorships.

Day	Month	Year

 Date of resignation.

Day	Month	Year

 Date of any change.

Day	Month	Year

 Date of resignation.

## Particulars.

NO MORE DIRECTORS - ADDITIONAL SECRETARIES  
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

If this person has ceased to be director, please  
state when.

Show any relevant current and previous directorships.

Day	Month	Year

 Date of any change.

Day	Month	Year

 Date of resignation.

**Issued Share Capital** (See note 8)

Enter details of all shares in issue at the date of this return.

Class (eg Ordinary/ Preference etc)	Number of shares issued	Aggregate nominal value (ie Number of shares issued multiplied by nominal value per share)
<u>ORDINARY</u>	<u>150 000</u>	<u>£150,000</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
<b>Totals</b>	_____	_____

**List of past and present members**

(See note 9)

(Use attached schedule where appropriate)

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

Please mark the  
appropriate box.

There were no changes in the period ☒

on paper not on  
paper paper

The last full members list was at 09/02/95

A list of changes is enclosed ☐

A full list of members is enclosed ☐

**Elective resolutions** (See note 10)

(Private companies only)

If an elective resolution is in force at the date of this return to dispense with annual general meetings, *mark this box*. ☐

If an elective resolution is in force at the date of this return 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.

I enclose the fee of **£15**.

Cheques should be made payable  
to **Companies House**.

Signed



Secretary/Director\*  
(delete as appropriate)

Date

3/3/97

This return includes \_\_\_\_\_ continuation sheets.  
(enter number)

**Please ensure that you have completed  
all sections on this page.**

To whom should Companies House direct any  
enquiries about the information shown in this  
return?----->

ROTHMAN PANTALL & CO  
4 PRINCE GEORGE ST  
HAWANT  
HANTS Postcode RG9 1BS

Telephone 01705 482683 Ext 10