



Companies House
— for the record —

AR01 (ef)

Annual Return



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Company Name: **CERES HEALTH FOODS LIMITED**

Company Number: **04841983**

Date of this return: **05/10/2013**

SIC codes: **47789**

Company Type: **Private company limited by shares**

Situation of Registered Office: **31 NOTTINGHAM ROAD
EASTWOOD
NOTTINGHAM
NG16 3AN**

Officers of the company

Company Secretary 1

Type: **Person**
Full forename(s): **ADRIAN MICHAEL**

Surname: **DRUMMOND**

Former names:

Service Address: **THURSFORD
SLEDGEGATE LANE
LEA
DERBYSHIRE
DE4 5GL**

Company Director ***1***

Type: **Person**

Full forename(s): **ADRIAN MICHAEL**

Surname: **DRUMMOND**

Former names:

Service Address: **THURSFORD
SLEDGEGATE LANE
LEA
DERBYSHIRE
DE4 5GL**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **04/10/1946**

Nationality: **BRITISH**

Occupation: **RETAILER**

Company Director 2

Type: **Person**
Full forename(s): **SUSANNE MARIA**

Surname: **DRUMMOND**

Former names:

Service Address: **THURSFORD
SLEDGEGATE LANE
LEA
DERBYSHIRE
DE4 5GL**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **14/10/1955** *Nationality:* **BRITISH**
Occupation: **RETAILER**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	200
		<i>Aggregate nominal value</i>	200
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0

Prescribed particulars

ORDINARY SHARES WHICH ARE NOT REDEEMABLE, RANK PARI PASSU IN ALL RESPECTS AND CARRY A RIGHT TO ONE VOTE PER SHARE IN ALL CIRCUMSTANCES

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	200
		<i>Total aggregate nominal value</i>	200

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 05/10/2013 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for the company are shown below

Shareholding 1 : 100 ORDINARY shares held as at the date of this return
Name: ADRIAN MICHAEL DRUMMOND

Shareholding 2 : 100 ORDINARY shares held as at the date of this return
Name: SUSANNE MARIA DRUMMOND

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.