



Companies House

**AR01** (ef)

**Annual Return**



Received for filing in Electronic Format on the: **04/02/2014**

**X30ZUMYB**

*Company Name:* **RAPID NUTRITION PLC**

*Company Number:* **07905640**

*Date of this return:* **11/01/2014**

*SIC codes:* **21100**

*Company Type:* **Public limited company**

*Situation of Registered Office:* **2ND FLOOR 145-157  
ST. JOHN STREET  
LONDON  
ENGLAND  
EC1V 4PW**

## Single Alternative Inspection Location (SAIL)

*The address for an alternative location to the company's registered office for the inspection of registers is:*

EQUINITI LIMITED ASPECT HOUSE SPENCER ROAD  
LANCING  
WEST SUSSEX  
UNITED KINGDOM  
BN99 6DA

---

*The following records have moved to the single alternative inspection location:*

Register of members (section 114)

---

### Officers of the company

#### *Company Secretary 1*

*Type:* **Person**  
*Full forename(s):* **MR DAVID FRANCIS**

*Surname:* **MAHON**

*Former names:*

*Service Address:* **44-46 NESTOR DRIVE  
MEADOWBROOK  
QUEENSLAND 4131  
AUSTRALIA**

*Company Director*    ***1***

*Type:*                                **Person**

*Full forename(s):*                **MR VAIDYANATHAN MULANDRAM**

*Surname:*                         **NATESHAN**

*Former names:*

*Service Address:*                **NO. 63 4TH STREET  
VYASAR NAGAR  
CHENNAI  
INDIA  
600 039**

*Country/State Usually Resident:*    **INDIA**

*Date of Birth:*    **30/08/1979**                                *Nationality:*    **INDIAN**

*Occupation:*    **DIRECTOR**

*Company Director* 2

*Type:* **Person**  
*Full forename(s):* **MALCOLM**

*Surname:* **SINCLAIR**

*Former names:*

*Service Address:* **13 MILLS BEACH CLOSE  
MORNINGTON  
AUSTRALIA  
3931**

*Country/State Usually Resident:* **AUSTRALIA**

*Date of Birth:* **14/07/1969** *Nationality:* **AUSTRALIAN**

*Occupation:* **DIRECTOR**

---

*Company Director*    **3**

*Type:*                      **Person**

*Full forename(s):*        **SIMON**

*Surname:*                **ST LEDGER**

*Former names:*

*Service Address:*        **78 PASSERINE DRIVE  
ROCHEDALE  
AUSTRALIA  
4123**

*Country/State Usually Resident:*    **AUSTRALIA**

*Date of Birth:*    **18/04/1983**

*Nationality:*    **AUSTRALIAN**

*Occupation:*    **DIRECTOR**

## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY GBP0.10</b>	<i>Number allotted</i>	<b>231884044</b>
		<i>Aggregate nominal value</i>	<b>23188404.4</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>0.1</b>
		<i>Amount unpaid per share</i>	<b>0</b>

### *Prescribed particulars*

THE SHARES HAVE ATTACHED TO THEM FULL VOTING RIGHTS, INCLUDING THE RIGHTS TO RECEIVE A DIVIDEND, TO PARTICIPATE IN CAPITAL DISTRIBUTIONS AND THE RIGHT TO PARTICIPATE IN A DISTRIBUTION UPON THE WINDING UP OF A COMPANY. THE SHARES DO NOT CONFER ANY RIGHT OF REDEMPTION.

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>231884044</b>
		<i>Total aggregate nominal value</i>	<b>23188404.4</b>

## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 11/01/2014 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* : 0 ORDINARY GBP1 SHARES shares held as at the date of this return  
*Name:* SIMON ST LEDGER

*Shareholding 2* : 0 ORDINARY GBP1 SHARES shares held as at the date of this return  
*Name:* RICHARD WALKER

*Shareholding 3* : 0 ORDINARY GBP1 SHARES shares held as at the date of this return  
*Name:* MALCOLM SINCLAIR

*Shareholding 4* : 3250000 ORDINARY GBP0.10 shares held as at the date of this return  
*Name:* VAIDYANATHAN MULANDRAM NATESHAN

*Shareholding 5* : 0 ORDINARY GBP1 SHARES shares held as at the date of this return  
*Name:* TALITHA SKYE PTY LTD

*Shareholding 6* : 0 ORDINARY GBP1 SHARES shares held as at the date of this return  
*Name:* OUTERBANK PTY LTD

*Shareholding 7* : 0 ORDINARY GBP0.10 shares held as at the date of this return

231884044 shares transferred on 2013-08-01

*Name:* PERSHING SECURITIES LIMITED

*Shareholding 8* : 228634044 ORDINARY GBP0.10 shares held as at the date of this return

*Name:* WB NOMINEES LTD

---

### *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

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