



Companies House

AR01 (ef)

Annual Return



Received for filing in Electronic Format on the: **16/12/2014**

X3MV4T01

Company Name: **RUDE HEALTH FOODS LIMITED**

Company Number: **05602067**

Date of this return: **13/11/2014**

SIC codes: **10612**

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

Situation of Registered Office: **BEDFORD HOUSE 69-79 FULHAM HIGH STREET
LONDON
SW6 3JW**

Officers of the company

Company Secretary 1

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

Surname: **BOULDIN**

Former names:

Service Address recorded as Company's registered office

Company Director 1

Type: **Person**
Full forename(s): **CAMILLA JANE LAMBRE**

Surname: **BARNARD**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **24/11/1970** Nationality: **BRITISH**
Occupation: **COMPANY DIRECTOR**

Company Director **2**

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

Surname: **BARNARD**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **12/03/1958** Nationality: **BRITISH**

Occupation: **PUBLISHER**

Company Director **3**

Type: **Person**
Full forename(s): **MR JONATHAN RICHARD**

Surname: **BOULDIN**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **01/03/1982** Nationality: **BRITISH**

Occupation: **ACCOUNTANT**

Company Director **4**

Type: **Person**
Full forename(s): **MR FRANCOIS**

Surname: **BUCQUET**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **FRANCE**

Date of Birth: **14/08/1960** *Nationality:* **FRENCH**

Occupation: **DIRECTOR**

Company Director **5**

Type: **Person**
Full forename(s): **MRS SUE**

Surname: **HOPE**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **ENGLAND**

Date of Birth: **01/05/1958** *Nationality:* **BRITISH**

Occupation: **COMPANY DIRECTOR**

Company Director **6**

Type: **Person**

Full forename(s): **ANN**

Surname: **HUMPHRIES**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **02/09/1947**

Nationality: **BRITISH**

Occupation: **NON EXEC DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	389500
		<i>Aggregate nominal value</i>	389500
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
FULL			

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	389500
		<i>Total aggregate nominal value</i>	389500

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 13/11/2014 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 : **14540 ORDINARY shares held as at the date of this return**
Name: **DAVID ENO**

Shareholding 2 : **35245 ORDINARY shares held as at the date of this return**
Name: **KATIE JANE FREESTONE**

Shareholding 3 : **35245 ORDINARY shares held as at the date of this return**
Name: **DAVID VINES**

Shareholding 4 : **130996 ORDINARY shares held as at the date of this return**
Name: **NICHOLAS BARNARD**

Shareholding 5 : **130996 ORDINARY shares held as at the date of this return**
Name: **CAMILLA BARNARD**

Shareholding 6 : **8124 ORDINARY shares held as at the date of this return**
Name: **RUTH HOFMANN**

Shareholding 7 : **6000 ORDINARY shares held as at the date of this return**

Name: PETER SCANDRETT

Shareholding 8 : 1354 ORDINARY shares held as at the date of this return
Name: JONATHAN BOULDIN

Shareholding 9 : 1000 ORDINARY shares held as at the date of this return
Name: EMMA CHRISTIE

Shareholding 10 : 12000 ORDINARY shares held as at the date of this return
Name: THE HAY GROUP

Shareholding 11 : 6000 ORDINARY shares held as at the date of this return
Name: F.T.LUCKMAN HOLDINGS LIMITED

Shareholding 12 : 1000 ORDINARY shares held as at the date of this return
Name: KVB LIMITED

Shareholding 13 : 1500 ORDINARY shares held as at the date of this return
Name: ANN HUMPHRIES

Shareholding 14 : 4000 ORDINARY shares held as at the date of this return
Name: RICHARD HOLLAND

Shareholding 15 : 1500 ORDINARY shares held as at the date of this return
Name: CHRISTOPHER PEARSON

Authorisation

Authenticated

This form was authorised by one of the following:

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