



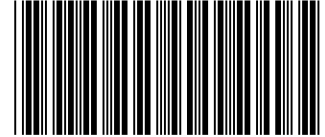
**Companies House**

— for the record —

**88(2)**<sup>(ef)</sup>

**Return of Allotment of Shares**

Received for filing in Electronic Format on the: **25/10/2005**



XTT3I9T6

Company Number **05602067**

Company Name **RUDE HEALTH FOODS LIMITED**  
in full:

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*Shares Allotted (including bonus shares)*

Date or period during which shares were allocated From  
**25/10/2005**

Class of shares **ORDINARY**  
Currency **GBP**

Number allotted **999**  
Nominal value of each share **1**

No shares allocated other than for cash

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*Names, addresses and share details of the allottees*

Name **CAMILLA BLENCH**  
Address: **80 ST. ANN'S HILL**  
**LONDON**  
**UNITED KINGDOM SW18**  
**2RP**

Class of shares allotted **ORDINARY**  
Number allotted **245**

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Name **NICHOLAS BARNARD**  
Address: **80 ST. ANN'S HILL**  
**LONDON**  
**UNITED KINGDOM SW18**  
**2RP**

Class of shares allotted **ORDINARY**  
Number allotted **245**

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Name **KATIE FREESTONE**  
Address: **80 ST. ANN'S PARK ROAD**  
**LONDON**  
**UNITED KINGDOM SW18**  
**2RW**

Class of shares allotted **ORDINARY**  
Number allotted **255**

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<i>Name</i>	<b>DAVID VINES</b>	<i>Class of shares allotted</i>	<b>ORDINARY</b>
<i>Address:</i>	<b>14 ST. ANN'S PARK ROAD</b>	<i>Number allotted</i>	<b>254</b>
	<b>LONDON</b>		
	<b>UNITED KINGDOM SW18</b>		
	<b>2RW</b>		

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### *Authorisation*

*Authoriser Designation:* **SECRETARY** *Date Authorised:* **25/10/2005** *Authenticated:* **Yes (E/W)**