



288a

Please complete in typescript,
or in bold black capitals

Appointment of director or secretary

Company Number

384611

Company Name in full

NORMAN BEST LIMITED



* F288AD40 *

Date of appointment Day Month Year 01 04 97 † Date of Birth Day Month Year 03 07 48

Appointment form

Appointment as director

X

as secretary

Please mark the appropriate box. If appointment is as a director and secretary mark both boxes.

NAME

*Style / Title

Mr

*Honours etc

Notes on completion
appear on reverse.

Forename(s)

Michael Evelyn

Surname

Major

Previous
Forename(s)

Previous
Surname(s)

Usual residential
address

1 Frobisher Gardens.

Post town

GUILDFORD

Postcode

GU1 2NT

County / Region

Surrey

Country

† Nationality

British

† Business occupation

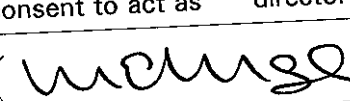
Business Development

† Other directorships
(additional space overleaf)

See Attached Sheet

I consent to act as ** director / ~~secretary~~ of the above named company

Consent signature

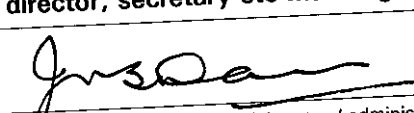
X  X

Date

2/6/97

A director, secretary etc must sign the form below.

Signed



Date

2/6/97

(** a director / secretary / administrator / administrative receiver / receiver manager / receiver)

JRB DAVIES

AAH plc Hampton Court

RUNCORN WA7 1TX

Tel 01928 579393

DX number

DX exchange

When you have completed and signed the form please send it to the
Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF4 3UZ

DX 33050 Cardiff

for companies registered in England and Wales or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB

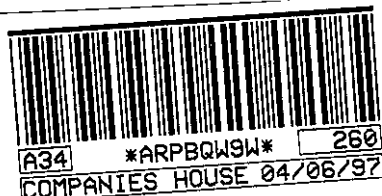
for companies registered in Scotland

DX 235 Edinburgh

* Voluntary details.
† Directors only.

** Please delete as appropriate

Please give the name, address,
telephone number and, if available,
a DX number and Exchange of
the person Companies House should
contact if there is any query.



A34 *ARPBQW9W* 260
COMPANIES HOUSE 04/06/97

Company Number

384611

HOLLAND & BARRETT HOLDINGS LIMITED

† Directors only.

† Other directorships

Gehe Invest plc

NOTES

Show the full forenames, NOT INITIALS. If the director or secretary is a corporation or Scottish firm, show the name on surname line and registered or principal office on the usual residential line.

Give previous forenames or surname(s) except:

- for a married woman, the name by which she was known before marriage need not be given.
- for names not used since the age of 18 or for at least 20 years

A peer or individual known by a title may state the title instead of or in addition to the forenames and surname and need not give the name by which that person was known before he or she adopted the title or preceded to it.

Other directorships.

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

- dormant
- a parent company which wholly owned the company making the return, or
- another wholly owned subsidiary of the same parent company.