



*Companies House*  
— for the record —

**AR01** (ef)

**Annual Return**



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

*Company Number:* **05602067**

*Date of this return:* **13/11/2013**

*SIC codes:* **10612**

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

*Situation of Registered Office:* **BEDFORD HOUSE 69-79 FULHAM HIGH STREET  
LONDON  
UNITED KINGDOM  
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*

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## *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**

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*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**

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*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**

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*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**

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*Company Director* 5

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)

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>382500</b>
		<i>Aggregate nominal value</i>	<b>382500</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>1</b>
		<i>Amount unpaid per share</i>	<b>0</b>
<i>Prescribed particulars</i>			
<b>FULL</b>			

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>382500</b>
		<i>Total aggregate nominal value</i>	<b>382500</b>

## Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 13/11/2013 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* : **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

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### *Authorisation*

*Authenticated*

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

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