



**Companies House**  
— for the record —

**AR01** (ef)

**Annual Return**



XZTKFP7K

Received for filing in Electronic Format on the: **18/11/2010**

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

*Company Number:* **05602067**

*Date of this return:* **13/11/2010**

*SIC codes:* **1589**

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

*Situation of Registered Office:* **1 GLENVILLE MEWS  
LONDON  
SW18 4NJ**

**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

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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):                **RICHARD**

Surname:                           **HOLLAND**

Former names:

*Service Address recorded as Company's registered office*

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

*Date of Birth:*   **27/12/1944**                                *Nationality:*   **BRITISH**

*Occupation:*     **ACCOUNTANT**

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*Company Director*    **4**

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**

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*Company Director*    **5**

*Type:*                      **Person**

*Full forename(s):*        **CHRISTOPHER ROY**

*Surname:*                **PEARSON**

*Former names:*

*Service Address recorded as Company's registered office*

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

*Date of Birth:*   **26/10/1957**

*Nationality:*   **BRITISH**

*Occupation:*    **CO DIRECTOR**

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## 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 13/11/2010 or that had ceased to be shareholders since the made up date of the previous Annual Return

*A full list of shareholders for a private or non-traded public company are shown below*

*Shareholding 1* : **14540 ORDINARY shares held as at 2010-11-13**  
*Name:* **DAVID ENO**

*Shareholding 2* : **35245 ORDINARY shares held as at 2010-11-13**  
*Name:* **KATIE JANE FREESTONE**

*Shareholding 3* : **35245 ORDINARY shares held as at 2010-11-13**  
*Name:* **DAVID VINES**

*Shareholding 4* : **130996 ORDINARY shares held as at 2010-11-13**  
*Name:* **NICHOLAS BARNARD**

*Shareholding 5* : **130996 ORDINARY shares held as at 2010-11-13**  
*Name:* **CAMILLA BARNARD**

*Shareholding 6* : **8124 ORDINARY shares held as at 2010-11-13**  
*Name:* **RUTH HOFMANN**

*Shareholding 7* : **6000 ORDINARY shares held as at 2010-11-13**

*Name:* PETER SCANDRETT

*Shareholding 8* : 1354 ORDINARY shares held as at 2010-11-13

*Name:* JONATHAN BOULDIN

*Shareholding 9* : 1000 ORDINARY shares held as at 2010-11-13

*Name:* EMMA CHRISTIE

*Shareholding 10* : 12000 ORDINARY shares held as at 2010-11-13

*Name:* THE HAY GROUP

*Shareholding 11* : 6000 ORDINARY shares held as at 2010-11-13

*Name:* F.T.LUCKMAN HOLDINGS LIMITED

*Shareholding 12* : 1000 ORDINARY shares held as at 2010-11-13

*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.