



*Companies House*  
— for the record —

**363a<sub>(ef)</sub>**

**Annual Return**



**X5IES4TN**

*Received for filing in Electronic Format on the:* **14/11/2008**

*Company Name:* **ABUNDANT LIFE FOODS LIMITED**

*Company Number:* **05973610**

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### *Company Details*

*Period Ending:* **20/10/2008**

*Company Type:* **PRIVATE COMPANY LIMITED BY SHARES**

*Principal Business Activities:*

*SIC codes:*

**5131**

*Registered Office  
Address:*

**6 HALLAM HOUSE  
GOSLING WAY  
LONDON  
SW9 6JN**

*Register of  
Members Address:*

*Register of Debenture  
Holders Address:*

## *Details of Officers of the Company*

*Company Secretary 1:*

*Name:* **MARYAM OSMAN**

*Address:* **6 HALLAM HOUSE  
GOSLING WAY  
LONDON  
SW9 6JN**

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*Director 1 :*

*Name:* **SIMON EDWARDS**

*Address:* **12 WELCOME ST  
CHAPEL HILL  
QUEENSLAND  
AUSTRALIA  
4069**

*Date of Birth:*

**21/03/1975**

*Nationality:*

**AUSTRALIAN**

*Occupation:*

**DIRECTOR**

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*Director 2 :*

*Name:* **MARYAM OSMAN**

*Address:* **6 HALLAM HOUSE  
GOSLING WAY  
LONDON  
SW9 6JN**

*Date of Birth:*

**13/07/1974**

*Nationality:*

**KENYAN**

*Occupation:*

**ACTUARIAL ANALYST**

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Director 3 :

Name: **JOHN THOMPSON**

Address: **6 HALLAM HOUSE  
GOSLING WAY  
LONDON  
SW9 6JN**

Date of Birth:

**11/03/1975**

Nationality:

**BRITISH**

Occupation:

**DIRECTOR**

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### *Share Capital*

#### *Issued Share Capital Details:*

<i>Class of Share</i>	<i>Number of Shares issued</i>	<i>Aggregate Nominal value of issued Shares</i>
<b>ORDINARY</b>	<b>100</b>	<b>GBP100</b>
<i>TOTALS</i>		
	<b>100</b>	<b>GBP100</b>

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### *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 20/10/2008 or that had ceased to be shareholders since the made up date of the previous Annual Return

#### *Shareholding 1:*

**34 ORDINARY Shares held as at 20/10/2008**

Name: **JOHN THOMPSON**

Address:

*Shareholding 2:*

**33 ORDINARY Shares held as at 20/10/2008**

*Name:*

**SIMON EDWARDS**

*Address:*

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*Shareholding 3:*

**33 ORDINARY Shares held as at 20/10/2008**

*Name:*

**MARYAM OSMAN**

*Address:*

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### *Authorisation*

*Authoriser Designation:* **director**

*Date Authorised:* **14/11/2008**

*Authenticated:* **Yes (E/W)**