



Companies House
— for the record —

AR01 (ef)

Annual Return



XQY32EEI

Received for filing in Electronic Format on the: **25/10/2009**

Company Name: **ABUNDANT LIFE FOODS LIMITED**

Company Number: **05973610**

Date of this return: **20/10/2009**

SIC codes: **5131**

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

Situation of Registered Office: **6 HALLAM HOUSE
GOSLING WAY
LONDON
SW9 6JN**

Officers of the company

Company Secretary **1**

Type: **Person**

Full forename(s): **MARYAM**

Surname: **OSMAN**

Former names:

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

Company Director **1**

Type: **Person**

Full forename(s): **MR SIMON**

Surname: **EDWARDS**

Former names:

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

Country/State Usually Resident: **AUSTRALIA**

Date of Birth: **21/03/1975**

Nationality: **AUSTRALIAN**

Occupation: **DIRECTOR**

Company Director **2**

Type: **Person**
Full forename(s): **MISS MARYAM**
Surname: **OSMAN**
Former names:
Service Address: **6 HALLAM HOUSE**
 GOSLING WAY
 LONDON
 SW9 6JN

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

Date of Birth: **13/07/1974** *Nationality:* **BRITISH**
Occupation: **ACTUARIAL ANALYST**

Company Director **3**

Type: **Person**
Full forename(s): **JOHN**
Surname: **THOMPSON**
Former names:
Service Address: **6 HALLAM HOUSE**
 GOSLING WAY
 LONDON
 SW9 6JN

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

Date of Birth: **11/03/1975** *Nationality:* **BRITISH**
Occupation: **DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	100
<i>Currency</i>	GBP	<i>Aggregate nominal value</i>	100
		<i>Amount paid</i>	0
		<i>Amount unpaid</i>	0

Prescribed particulars

SUBJECT TO THE COMPANY WINDING UP, CAPITAL INVESTED IN THE COMPANY WILL BE PAID BACK TO THE INVESTORS / DIRECTORS WITH NO ADDED INTEREST. THE COMPANY WILL THEN BE LIABLE TO REDEEM THE SHARES AT OPTION OF THE COMPANY AND/OR THE SHAREHOLDERS.

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	100
		<i>Total aggregate nominal value</i>	100

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 20/10/2009 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:

50 ORDINARY Shares held as at 20/10/2009

Name:

JOHN THOMPSON

Address:

Shareholding 2:

1 ORDINARY Shares held as at 20/10/2009

Name:

SIMON EDWARDS

Address:

Shareholding 3:

49 ORDINARY Shares held as at 20/10/2009

Name:

MARYAM OSMAN

Address:

Presenter information

Contact Name:

Address:

Authorisation

Authenticated

This form was authorised by one of the following:

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