



Companies House

— for the record —

Company Name

NATURAL FOODS LLANIDLOES LTD

363s Annual Return

Company Type

Private Company Limited By Shares

Company Number

4560244

Information extracted from
Companies House records on
6th October 2006

- > Please check the details printed in blue on this statement.
- > If any details are wrong, strike them through and write the correct details in the "Amended details" column.
- > Please use black pen and write in capitals.



Section 1: Company details

Ref: 4560244/03/10

	Current details	Amended details																		
> Registered Office Address <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Wynum House 17 Great Oak Street Llanidloes Powys SY18 6BU	Address UK Postcode _ _ _ _ _																		
> Register of Members <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Address where the Register is held At Registered Office	Address UK Postcode _ _ _ _ _																		
> Register of Debenture Holders <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Not Applicable	Address UK Postcode _ _ _ _ _																		
> Principal Business Activities <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<table border="1"> <thead> <tr> <th>SIC Code</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td>5227</td> <td>Other retail food etc specialised</td> </tr> </tbody> </table>	SIC Code	Description	5227	Other retail food etc specialised	<table border="1"> <thead> <tr> <th>SIC CODE</th> <th>Description</th> </tr> </thead> <tbody> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table>	SIC CODE	Description												
SIC Code	Description																			
5227	Other retail food etc specialised																			
SIC CODE	Description																			
> Please enter additional principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes.																				

Section 2: Details of Officers of the Company

	Current details	Amended details
<p>> Company Secretary If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</p> <p>Particulars of a new Company Secretary must be notified on form 288a.</p>	<p>Name Marilyn Anna HINKS</p> <p>Address Bryndu Llangadfan Powys SY21 0PS</p>	<p>Name <u>Marilyn Ann Hinks</u></p> <p><input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.</p> <p>Address _____ _____ _____</p> <p>UK Postcode _ _ _ _ _</p> <p>Date of change _ _ / _ _ / _ _ _ _</p> <p>Date Marilyn Anna HINKS ceased to be secretary (if applicable) _ _ / _ _ / _ _ _ _</p>
<p>> Director If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</p> <p>Particulars of a new Director must be notified on form 288a.</p>	<p>Name Brian John HINKS</p> <p>Address Bryndu Llangadfan Powys SY21 0PS</p> <p>Date of birth 01/12/1944</p> <p>Nationality British</p> <p>Occupation Retired</p>	<p>Name _____</p> <p><input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.</p> <p>Address _____ _____ _____</p> <p>UK Postcode _ _ _ _ _</p> <p>Date of birth _ _ / _ _ / _ _ _ _</p> <p>Nationality _____</p> <p>Occupation _____</p> <p>Date of change _ _ / _ _ / _ _ _ _</p> <p>Date Brian John HINKS ceased to be director (if applicable) _ _ / _ _ / _ _ _ _</p>

	Current details	Amended details
> Director <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> <i>Particulars of a new Director must be notified on form 288a.</i>	Name Fleur Anna HINKS Address 5 Van Terrace Van Llanidloes Powys SY18 6NW Date of birth 11/03/1972 Nationality British Occupation Shop Assistant	Name <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Address UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Fleur Anna HINKS ceased to be director (if applicable) _ _ / _ _ / _ _ _ _
> Director <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> <i>Particulars of a new Director must be notified on form 288a.</i>	Name Marilyn Anna HINKS Address Bryndu Llangadfan Powys SY21 0PS Date of birth 28/07/1948 Nationality British Occupation Teacher	Name Marilyn Ann Hinks <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Address UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Marilyn Anna HINKS ceased to be director (if applicable) _ _ / _ _ / _ _ _ _

Section 3: Share Capital

	Current details	Amended details
> Issued Share Capital <i>This table shows the total number of shares that have been issued by your company and their Nominal Value. If any of the details are wrong, please fill in the correct details.</i>	Class of share Ordinary Nominal value of each share £1.00 Number of shares issued 2 Aggregate Nominal Value of issued shares £2.00	Class of share Nominal value of each share Number of shares issued 3 Aggregate Nominal Value of issued shares £3
> Total shares issued and value <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Total number of shares issued 2 Total Nominal value of shares issued £2.00	Total number of shares issued 3 Total Nominal value of shares issued £3

- > At the date of this Annual Return, if the company has altered or changed its share capital in any way or allotted new shares, please refer to the guidance notes for details of the appropriate form that should be sent with this Annual Return. Annual return guidance notes are available on the Companies House web site at www.companieshouse.gov.uk or by ringing 0870 3333636.**

- | Current details | | Amended details | | Shares transferred | | | | | | | | | | | | | | | |
|--|--------|---|--|---|--------|----------|---|---|--|--|-------|--------|------------------|--------------|--|------------|--|--|------------|
| > Shareholder Name
Christopher Leonard FROST | | Name

Address

UK Postcode _ _ _ _ _ | | Shares transferred by
Christopher Leonard FROST | | | | | | | | | | | | | | | |
| Address
3 Trewen
Llandinam
Powys
SY17 5BU | | Shares held
<table border="0"> <tr> <th>Class</th> <th>Number</th> </tr> <tr> <td>Ordinary</td> <td>1</td> </tr> </table> | | Class | Number | Ordinary | 1 | <table border="0"> <tr> <th>Class</th> <th>Number</th> <th>Date of transfer</th> </tr> <tr> <td>ORDINARY ONE</td> <td></td> <td>24/10/2005</td> </tr> <tr> <td></td> <td></td> <td>_/_/_/____</td> </tr> </table> | | | Class | Number | Date of transfer | ORDINARY ONE | | 24/10/2005 | | | _/_/_/____ |
| Class | Number | | | | | | | | | | | | | | | | | | |
| Ordinary | 1 | | | | | | | | | | | | | | | | | | |
| Class | Number | Date of transfer | | | | | | | | | | | | | | | | | |
| ORDINARY ONE | | 24/10/2005 | | | | | | | | | | | | | | | | | |
| | | _/_/_/____ | | | | | | | | | | | | | | | | | |
| > Shareholder Name
Martine Dale FROST | | Name

Address

UK Postcode _ _ _ _ _ | | Shares transferred by
Martine Dale FROST | | | | | | | | | | | | | | | |
| Address
3 Trewen
Llandinam
Powys
SY17 5BU | | Shares held
<table border="0"> <tr> <th>Class</th> <th>Number</th> </tr> <tr> <td>Ordinary</td> <td>1</td> </tr> </table> | | Class | Number | Ordinary | 1 | <table border="0"> <tr> <th>Class</th> <th>Number</th> <th>Date of transfer</th> </tr> <tr> <td>ORDINARY ONE</td> <td></td> <td>24/10/2005</td> </tr> <tr> <td></td> <td></td> <td>_/_/_/____</td> </tr> </table> | | | Class | Number | Date of transfer | ORDINARY ONE | | 24/10/2005 | | | _/_/_/____ |
| Class | Number | | | | | | | | | | | | | | | | | | |
| Ordinary | 1 | | | | | | | | | | | | | | | | | | |
| Class | Number | Date of transfer | | | | | | | | | | | | | | | | | |
| ORDINARY ONE | | 24/10/2005 | | | | | | | | | | | | | | | | | |
| | | _/_/_/____ | | | | | | | | | | | | | | | | | |

Section 5: Details of Other Shareholders

- > Please fill in details of any persons or corporate bodies who are shareholders of the company at the date of this return, but whose details are not printed in Section 4.
- > Also, provide the details of any persons who became but have ceased to be shareholders of the company since the date of the last annual return.
- > For jointly held shares please list those joint shareholders consecutively on the form. If a joint shareholder also holds shares in their own right, list that holding separately.
- > Please copy this page if there is not enough space to enter all the company's other shareholders.

Shareholders details	Class and number of shares or amount of stock held	Class and number of shares or amount of stock transferred (If appropriate)	Date of registration of transfer (If appropriate)
Name <u>JOHN</u> <u>BRIAN IAN HINKS</u> Address <u>BRYN DU</u> <u>LLANGADFAN</u> <u>POWYS</u> UK Postcode <u>SY210PS</u>	<u>ONE</u> ORDINARY <u>1</u> SHARE		
Name <u>FLEUR ANNA HINKS</u> Address <u>5 VAN TERRACE</u> <u>VAN</u> <u>LLANIDLOES POWYS</u> UK Postcode <u>SY186NW</u>	<u>ONE</u> ORDINARY <u>1</u> SHARE		
Name <u>MARILYN A. HINKS</u> Address <u>BRYN DU</u> <u>LLANGADFAN</u> <u>POWYS</u> UK Postcode <u>SY210PS</u>	<u>ONE</u> ORDINARY <u>1</u> SHARE		
Name Address UK Postcode - - - - -			



Companies House

— for the record —


363s Annual Return Declaration

- > When you have checked all the sections of this form, please complete this page and sign the declaration below.
- > If you want to change the made up date of this annual return, please complete 2 below.

1. Declaration

- ☒ I confirm that the details in this annual return are correct as at the made-up-date (shown at 2 below). I enclose the filing fee of £30.

Signature


(F. HINKS)
(Director / Secretary)

Date

16 / 10 / 2006

*This date must not be earlier than the
return date at 2 below*

What to do now

*Complete this page then send the whole of the Annual Return and the
declaration to the address shown at 4 below.*

2. Date of this return

- ☐ This AR is made up to 11/10/2006

If you are making this return up to an earlier date,
please give the date here

__ / __ / ____

Note: The form must be delivered to CH within 28 days of this date

3. Date of next return

- ☐ If you wish to change your next return to a date earlier than **11th October 2007** please give the new date here:

__ / __ / ____

4. Where to send this form

- ☐ Please return this form to:

Registrar of Companies
Companies House
Crown Way
Cardiff CF14 3UZ

OR

For members of the Hays Document
Exchange service
DX 33050 Cardiff

***Have you enclosed the filing fee with the company number written on the
reverse of the cheque?***

Contact Address

You do not have to give any contact information below, but if you do, it will help Companies House to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Contact Name

Telephone number *inc code*

Address

DX number *if applicable*

DX exchange

Postcode