Printed and supplied by

Joedans

Jordan & Sons Limited

21 St. Thomas Street, Bristol BS1 6JS Tel: 0272 230600 Telex 449119

Change of director or secretary or change of particulars.

This form should be completed in black.

Company number

Company name

CN 3120711					
GRO	WTHCOIN	PUBLIC	LIMITED	COMPANY	

Appointment

(Turn over page for resignation and change of particulars).

Date of appointment

Appointment of director

Appointment of secretary

NOTES

Show the full forenames. NOT INITIALS If the director or secretary is a Corporation or Scottish firm, show the name on surname line and registered or principal office on the usual residential address line.

Give previous forenames or surname

- for a married woman the name before marriage need not be given.
- for names not used since the age of 18 or for at least 20 years.

may state the title instead of or in addition to the forenames and surname.

Name

*Style/title

Forenames

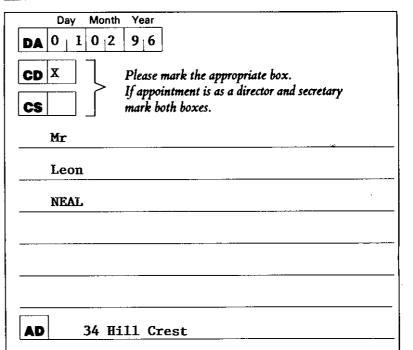
Surname

*Honours etc

Previous forenames

Previous surname

Usual residential address





Postcode

Date of birth^T

Other directorships.

Give the name of every company of which the person concerned is a director or has been a director at any time in the past 5 years. Exclude a company which either is, or at all times during the past 5 years when the person was a director, was

- dormant
- a parent company which wholty owned the company making the return
- a wholly owned subsidiary of the
- company making the return another wholly owned subsidiary
- of the same parent company.

SPRMS

Consent signature

Post town

County/region

Business occupation^T

Other directorships[†]

DO 1 | 4 | 0 | 3

Kent

TN4 OAJ

FUNDIA WELBOND LIMITED; FUNDIA SERVICES LIMITED; HERBERT SMITH LIMITED; CLEAR RIVERS LIMITED;

Country

2 | 6

Tunbridge Wells

NATURE'S BALANCE

I consent to act as director/secretary of the above named company

Nationality^T

Lean Neal

01/02/96 Date

England

British

*Voluntary details

TDirectors only

A serving director etc must also sign the form overleaf.

Resignation DR 0 | 1 | 0 | 2 | 9 | 6 Date of resignation etc (This includes any X XD form of ceasing to Resignation etc, as director Please mark the appropriate box. hold office e.g. If resignation etc is as a director and secretary X death or removal mark both boxes. Resignation etc, as secretary from office). **Forenames** SWIFT INCORPORATIONS LIMITED Surname DO Date of birth (directors only) If cessation is other than resignation, please state reason (eg death) **Change of particulars** DC Date of change of particulars Change of particulars, as director ZĐ Please mark the appropriate box. Complete this section If change of particulars is as a director and secretary in all cases where ZS Change of particulars, as secretary mark both boxes. particulars have changed and then the **Forenames** (name previously appropriate section notified to below. Surname Companies House) DO Date of birth (directors only) Change of name (enter new name) **Forenames** NN Surname Change of usual residential address (enter new address) AD Post town County/region Postcode Country Other change (please specify) A serving director, secretary etc must sign the form below. **Signature** Signed 01/02/96 Date (by an authorised signatory/a serving director/searctary/x SCCRETAR) XONDER OF THE RESEARCH WAS ASSESSED TO THE RESEARCH WAS ASSESSED TO THE PROPERTY OF THE PROPER After signing please return the form Companies House, Crown Way, Cardiff CF4 3UZ to the Registrar of Companies at for companies registered in England and Wales Companies House, 100-102 George Street, Edinburgh EH2 3DJ or for companies registered in Scotland. To whom should Companies House direct any enquiries about the information on this form?