In accordance with Section 167 of the Companies Act 2006

CH01

Change of director's details



You can use the WebFiling service to file this form online Please go to www.companieshouse.gov.uk

✓ What this form is for

You may use this form to change the details of an individual who is a director What this form is NOT for You cannot use this form to the details of a corporate dil. To do this, please use form ('Change of corporate directi details'



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A1FAD5KZ 14/08/2012 COMPANIES HOUSE

1	Company details		
Company number	8160604	Filling in this form Please complete in typescript or in	
Company name in full	PGH NUTRITION LTD	bold black capitals. All fields are mandatory unless specified or indicated by *	
2	Director's current details on the Register ®	Specific of Manager and	
Date of birth*	116 10 14 1/19/9/1	Current details This information is used to identify your details on the public record This is voluntary information and if completed it will be placed on the	
Title*	Me		
Full forename(s)	PATRICK GABRIER		
Surname	Howley	public record	
3	Date of change of details		
Date of change of details	113 08 120112	_	
	Please complete the appropriate sections to indicate which of your details have changed		
4	Change of name details		
Title*		New name Please enter your new name	
Full forename(s) €		Trease enter your new name	
Surname ©		_	
5	Change of service address ©	⊙ Service address	
Building name/number	45	This is the address that will appear on the public record. This does not	
Street	CRESNICK AVENUE	have to be your usual residential address.	
		Please state 'The Company's Registered Office' if your service	
Post town	BURNLGY	address is recorded in the company's	
County/Region		register of directors as the company's registered office	
Postcode	BBIII 2UR	If you provide your residential address here it will appear on the	
Country		public record	
	I confirm that there has been no change in the company's register of directors' residential addresses	Please complete Section 5a if your usual residential address has changed	

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6	Change of other details		
Change of Country/ State of residence			
Change of nationality			
Change of business occupation			
7	Signature		
	I am signing this form on behalf of the company	Societas Europaea If the form is being filed on behalf	
Signature	× d Wake	of a Societas Europaea (SE) please delete 'director' and insert details of which organ of the SE the person signing has membership Person authorised Under either section 270 or 274 of the Companies Act 2006	
	This form may be signed by Director • Secretary, Person authorised • Administrator, Administrative receiver, Receiver, Receiver manager, Charity commission receiver and manager, CIC manager, Judicial factor		

Presenter information	Important information
You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record.	Please note that all information on this form will appear on the public record, apart from information relating to usual residential addresses
Contact name	☑ Where to send
Company name	You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below
Address	For companies registered in England and Wales The Registrar of Companies, Companies House, Crown Way, Cardiff, Wales, CF14 3UZ DX 33050 Cardiff
Post town County/Region Postcode Country DX	For companies registered in Scotland The Registrar of Companies, Companies House, Fourth floor, Edinburgh Quay 2, 139 Fountainbridge, Edinburgh, Scotland, EH3 9FF DX ED235 Edinburgh 1 or LP - 4 Edinburgh 2 (Legal Post)
Telephone Checklist	For companies registered in Northern Ireland The Registrar of Companies, Companies House, Second Floor, The Linenhall, 32-38 Linenhall Street, Belfast, Northern Ireland, BT2 8BG DX 481 N R Belfast 1
We may return forms completed incorrectly or with information missing Please make sure you have remembered the following The company name and number match the information held on the public Register You have completed in Section 3 the date of change	Section 243 exemption If you are applying for, or have been granted a section 243 exemption, please post this whole form to the different postal address below The Registrar of Companies, PO Box 4082, Cardiff, CF14 3WE
of details If you have changed the service address, you have ticked the no change box in Section 5 to indicate no change in your usual residential address or provided your new usual residential address in Section 5a Any new address must be a physical location They	Further information For further information, please see the guidance notes on the website at www.companieshouse.gov.uk or email enquiries@companieshouse.gov.uk
cannot be a PO Box number (unless part of a full service address), DX or LP (Legal Post in Scotland) number You have entered the relevant change of details You have signed the form	This form is available in an alternative format. Please visit the forms page on the website at www.companieshouse.gov.uk