



Companies House

**AR01** (ef)

**Annual Return**



X3ECDMS2

Received for filing in Electronic Format on the: **15/08/2014**

*Company Name:* **MENTAL EXERCISE LIMITED**

*Company Number:* **02629896**

*Date of this return:* **17/07/2014**

*SIC codes:* **74100**

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

*Situation of Registered Office:* **35 CRANFORD DRIVE  
HAYES  
MIDDLESEX  
ENGLAND  
UB3 4LB**

**Officers of the company**

## *Company Secretary 1*

*Type:* **Person**  
*Full forename(s):* **GILLIAN MARIE-THERESE**

*Surname:* **ELLYARD**

*Former names:*

*Service Address:* **STABLE HOUSE CALIFORNIA LANE  
BUSHEY HEATH  
WATFORD  
WD23 1EZ**

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*Company Director*    ***1***

*Type:*                                **Person**  
*Full forename(s):*                **MR ROGER**

*Surname:*                                **ELLYARD**

*Former names:*

*Service Address:*                        **STABLE HOUSE CALIFORNIA LANE  
BUSHEY  
WATFORD  
HERTFORDSHIRE  
WD23 1EZ**

*Country/State Usually Resident:*    **ENGLAND**

*Date of Birth:*    **22/04/1947**                                *Nationality:*    **BRITISH**  
*Occupation:*    **DIRECTOR**

## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>100</b>
		<i>Aggregate nominal value</i>	<b>100</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>1</b>
		<i>Amount unpaid per share</i>	<b>0</b>

*Prescribed particulars*

**VOTING RIGHTS AND RIGHTS TO PARTICIPATE IN DIVIDENDS AND DISTRIBUTION**

## Statement of Capital (Totals)

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

## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 17/07/2014 or that had ceased to be shareholders since the made up date of the previous Annual Return

*A full list of shareholders for the company are shown below*

*Shareholding 1* : **1 ORDINARY shares held as at the date of this return**  
*Name:* **GILLIAN MARIE-THERESE ELLYARD**

*Shareholding 2* : **99 ORDINARY shares held as at the date of this return**  
*Name:* **ROGER ELLYARD**

## *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

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