



SH19

Statement of capital for reduction supported by
solvency statement or court order

Companies House

A fee is payable with this form.
Please see 'How to pay' on the last page.

- ☒ **What this form is for**
You may use this form as a statement of capital for a private limited company reducing its capital supported by a solvency statement; or for a private or public limited company reducing its capital supported by a court order.
- ☒ **What this form is NOT for**
You cannot use this form to complete a statement of capital for a company re-registering from unlimited to limited.
- For further information, please refer to our guidance at www.gov.uk/companieshouse

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Company details

Company number

03648410

Company name in full

FIT FOR SPORT LIMITED

→ Filling in this form

Please complete in typescript or in bold black capitals.

All fields are mandatory unless specified or indicated by *

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Share capital

Complete the table(s) below to show the issued share capital as reduced by the resolution.

Complete a separate table for each currency (if appropriate). For example, add pound sterling in 'Currency table A' and Euros in 'Currency table B'.

Continuation page

Please use a Statement of Capital continuation page if necessary.

Currency

Complete a separate table for each currency

Class of shares

E.g. Ordinary/Preference etc.

Number of shares

Aggregate nominal value (£, €, \$, etc)

Number of shares issued multiplied by nominal value

Total aggregate amount unpaid, if any (£, €, \$, etc)

Including both the nominal value and any share premium

Currency table A

£	ORDINARY	10	1	
Totals		10	1	nil

Currency table B

Totals				

Total issued share capital table

You must complete this table to show your total issued share capital. Add the totals from all currency tables, including continuation pages.

Total number of shares	Total aggregate nominal value	Total aggregate amount unpaid ❶
10	£1	nil

❶ Total aggregate amount unpaid
Enter 0 or 'nil' if the shares are fully paid. We'll assume the shares are fully paid if you leave this blank.

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Class of share	ORDINARY
Prescribed particulars ❶	THEY CONFER RIGHTS TO DIVIDENDS, CAPITAL DISTRIBUTION, AND TO VOTE AT, RECEIVE NOTICE OF, ATTEND AND SPEAK AND GENERAL MEETINGS. THEY DO NOT CONFER ANY RIGHTS OF REDEMPTION.
Class of share	
Prescribed particulars ❶	
Class of share	
Prescribed particulars ❶	

❶ **Prescribed particulars of rights attached to shares**
The particulars are:

- a. particulars of any voting rights, including rights that arise only in certain circumstances;
- b. particulars of any rights, as respects dividends, to participate in a distribution;
- c. particulars of any rights, as respects capital, to participate in a distribution (including on winding up); and
- d. whether the shares are to be redeemed or are liable to be redeemed at the option of the company or the shareholder.

A separate table must be used for each class of share.

Continuation pages
Please use a Statement of capital continuation page if necessary.

4	Signature
	I am signing this form on behalf of the company.
Signature	Signature X DocuSigned by: Adam Crocker 9D6B5F8D528340C... X This form may be signed by: Director❷, Secretary, Person authorised❸, CIC manager.

❷ **Societas Europaea.**
If this form is being field on behalf of a Societas Europaea (SE), please delete 'director' and insert details of which organ of the SE the person signing has membership.

❸ **Person authorised**
Under either section 270 or 274 of the Companies Act 2006.

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**Presenter 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.

Contact name	JENNY CROSSAN
Company name	ADDLESHAW GODDARD LLP
Address	MILTON GATE 60 CHISWELL STREET
Post town	LONDON
County/Region	
Postcode	E C 1 Y 4 A G
Country	UNITED KINGDOM
DX	DX 47 LONDON
Telephone	+44 (0)20 7606 8855

**Checklist**

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 the relevant sections of the statement of capital.
- ☐ You have signed the form.
- ☐ You have enclosed the correct fee.

**Important information**

Please note that all information on this form will appear on the public record.

**How to pay**

A fee of £10 is payable to Companies House to reduce the share capital by Court Order or by Solvency Statement.

Make cheques or postal orders payable to 'Companies House.'

**Where to send**

You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below:

For companies registered in England and Wales:

The Registrar of Companies, Companies House,
Crown Way, Cardiff, Wales, CF14 3UZ.
DX 33050 Cardiff.

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

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.

**Further information**

For further information, please see the guidance notes on the website at www.gov.uk/companieshouse or email enquiries@companieshouse.gov.uk

This form is available in an alternative format. Please visit the forms page on the website at www.gov.uk/companieshouse