



**Companies House**  
— for the record —

**AR01** (ef)

**Annual Return**



Received for filing in Electronic Format on the: **08/02/2012**

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*Company Name:* **HOW 2 MRC LIMITED**

*Company Number:* **03921004**

*Date of this return:* **07/02/2012**

*SIC codes:* **73200**  
**70229**

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

*Situation of Registered Office:* **TOCKINGTON COURT**  
**UPPER TOCKINGTON ROAD, TOCKINGTON**  
**BRISTOL**  
**AVON**  
**BS32 4LQ**

**Officers of the company**

## *Company Secretary 1*

*Type:* **Person**  
*Full forename(s):* **MR NIGEL JAMES**

*Surname:* **POULTON**

*Former names:*

*Service Address:* **TOCKINGTON COURT  
TOCKINGTON  
BRISTOL  
BS32 4LQ**

*Company Director*    ***1***

*Type:*                      **Person**

*Full forename(s):*        **MELANIE**

*Surname:*                **POULTON**

*Former names:*

*Service Address:*        **TOCKINGTON COURT  
UPPER TOCKINGTON ROAD TOCKINGTON  
BRISTOL  
BS32 4LQ**

*Country/State Usually Resident:*    **UNITED KINGDOM**

*Date of Birth:*    **19/01/1958**                      *Nationality:*    **BRITISH**

*Occupation:*    **MARKET RESEARCHER**

## 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>0</b>   |
|                        |                 | <i>Amount unpaid per share</i> | <b>0</b>   |

*Prescribed particulars*

PER MEMORANDUM AND ARTICLES OF ASSOCIATION

## 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 07/02/2012 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* : **90 ORDINARY shares held as at the date of this return**  
*Name:* **MELANIE POULTON**

*Shareholding 2* : **5 ORDINARY shares held as at the date of this return**  
*Name:* **NICOLA POULTON**

*Shareholding 3* : **5 ORDINARY shares held as at the date of this return**  
*Name:* **MATHEW POULTON**

### *Authorisation*

*Authenticated*

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

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