



*Companies House*  
— for the record —

**AR01** (ef)

**Annual Return**



Received for filing in Electronic Format on the: **20/02/2012**

**X132FIX6**

*Company Name:* **EXERCISE ONE LIMITED**

*Company Number:* **04376799**

*Date of this return:* **19/02/2012**

*SIC codes:* **99999**

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

*Situation of Registered Office:* **BECKFORD LODGE WESTERHAM ROAD  
KESTON  
ENGLAND  
BR2 6AT**

**Officers of the company**

## *Company Secretary 1*

Type: **Person**  
Full forename(s): **STEPHEN PAUL**

Surname: **CLAYTON**

Former names:

Service Address: **117 SANDY LANE  
SUTTON  
SURREY  
SM2 7ER**

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## *Company Director 1*

Type: **Person**  
Full forename(s): **MR PATRICK JOSEPH**

Surname: **CUDDIHY**

Former names:

Service Address recorded as Company's registered office

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

Date of Birth: **05/11/1958** Nationality: **BRITISH IRISH**

Occupation: **CORPORATE FINANCIER &  
WRITER**

## Statement of Capital (Share Capital)

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<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>350</b>
		<i>Aggregate nominal value</i>	<b>350</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>2.5</b>
		<i>Amount unpaid per share</i>	<b>0</b>

### *Prescribed particulars*

**EACH ORDINARY SHARE HOLDS FULL VOTING RIGHTS, RIGHTS TO RECEIVE DIVIDENDS AND TO PARTICIPATE IN ANY CAPITAL DISTRIBUTION**

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## Statement of Capital (Totals)

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<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>350</b>
		<i>Total aggregate nominal value</i>	<b>350</b>

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## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 19/02/2012 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* : **350 ORDINARY shares held as at the date of this return**  
*Name:* **PATRICK JOSEPH CUDDIHY**

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## *Authorisation*

*Authenticated*

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

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