



Companies House
— for the record —

AR01 (ef)

Annual Return



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Company Name: **EXERCISE ONE LIMITED**

Company Number: **04376799**

Date of this return: **19/02/2011**

SIC codes: **9231**

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

Situation of Registered Office: **18 QUEEN'S COURT
QUEENS RIDE BARNES
LONDON
SW13 0HY**

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**

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)

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

Prescribed particulars

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

Statement of Capital (Totals)

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

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 19/02/2011 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for a private or non-traded public company are shown below

Shareholding 1 : **350 ORDINARY shares held as at 2011-02-19**
Name: **PATRICK JOSEPH CUDDIHY**

Authorisation

Authenticated

This form was authorised by one of the following:

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