



Companies House

AR01 (ef)

Annual Return



Received for filing in Electronic Format on the: **25/02/2015**

X41Z5U16

Company Name: **EXERCISE ONE LIMITED**

Company Number: **04376799**

Date of this return: **19/02/2015**

SIC codes: **99999**

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

Situation of Registered Office: **BECKFORD LODGE WESTERHAM ROAD
KESTON
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**

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 19/02/2015 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**

Authorisation

Authenticated

This form was authorised by one of the following:

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