

*Please complete in typescript,
or in bold black capitals.*

CHFP036

363a

Annual Return

Company Number

05308795

Company Name in full

OWENS HEALTH & FITNESS LIMITED

Date of this return

The information in this return is made up to

Day Month Year

0	9	1	2	2	0	0	6
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Date of next return

If you wish to make your next return to a date earlier than the anniversary of this return please show the date here. Companies House will then send a form at the appropriate time.

Day Month Year

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Registered Office

Registered Office
Show here the address at the date of
this return.

123 FORD ROAD

Any change of registered office **must** be notified on form 287.

Post town

UPTON

County / Region

WIRRAL

UK Postcode

CH49 OTQ

Principal business activities

Show trade classification code number(s)
for the principal activity or activities.

9304

If the code number cannot be determined, give a brief description of principal activity.



A51

AESROODW

02/04/2007

COMPANIES HOUSE

48

When you have completed and signed the form please send it to the Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF14 3UZ **DX 33050 Cardiff**
for companies registered in England and Wales
or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB
for companies registered in Scotland **DX 2**

DX 235 Edinburgh

Register of members

If the register of members is not kept at the registered office, state here where it is kept.

Post town

County / Region

UK Postcode

Register of Debenture holders

If there is a register of debenture holders, or a duplicate of any such register or part of it, which is not kept at the registered office, state here where it is kept.

Post town

County / Region

UK Postcode

Company type

Public limited company

Private company limited by shares

Private company limited by guarantee without share capital

Private company limited by shares exempt under section 30

Private company limited by guarantee exempt under section 30

Private unlimited company with share capital

Private unlimited company without share capital

☐☒☐☐☐☐☐

Please mark the appropriate box

Company Secretary

(Please photocopy this area to provide details of joint secretaries).

Name * Style / Title

Forename(s)

JOHN

Surname

BLACK

Address **

5 CYPRESS ROAD

Post town

SOUTHPORT

County / Region

MERSEYSIDE

UK Postcode

PR8 6HE

Country

ENGLAND

** Tick this box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985 otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

If a partnership give the names and addresses of the partners or the name of the partnership and office address.

Details of a new company secretary must be notified on form 288a.

Directors

Details of new directors must be notified on form 288a

Please list directors in alphabetical order.

Name *Style / Title _____
Day Month Year

Directors In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name.

Date of birth 1 4 / 0 3 / 1 9 7 4

Forename(s) DAVID PHILIP

Surname BLACK

Address ** 23 OVERTON ROAD

☐

Post town CHELTENHAM

County / Region GLOUCESTERSHIRE

UK Postcode GL50 3BL

Country ENGLAND

Nationality BRITISH

Business occupation MARKETING

** Tick this box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985 otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

*Voluntary details

Name *Style / Title _____
Day Month Year

Directors In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name.

Date of birth ____ / ____ / ____

Forename(s) _____

Surname _____

Address ** _____

☐

Post town _____

County / Region _____ UK Postcode _____

Country _____

Nationality _____

Business occupation _____

** Tick this box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985 otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

Issued share capital

Enter details of all the shares in issue at the date of this return.

Class
(e.g. Ordinary/Preference)

Number of
shares issued

Aggregate
Nominal Value

(i.e. Number of shares issued multiplied by nominal value per share, or total amount of stock)

ORDINARY	1	£1.00
Totals	1	£1.00

List of past and present shareholders

(Use attached schedule where appropriate)

A full list is required if one was not included with either of the last two returns.

There were no changes in the period



on paper

in another format

A list of changes is enclosed



A full list of members is enclosed



Certificate

I certify that the information given in this return is true to the best of my knowledge and belief.

Signed



Date

22/3/07

[†]Please delete as appropriate

[†] a director / ~~secretary~~

When you have signed the return send it with the fee to the Registrar of Companies. Cheques should be made payable to **Companies House**.

This return includes

continuation sheets.

(enter number)

You do not have to give any contact information in the box opposite but if you do, it will help Companies House to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

HAZLEWOODS LLP

STAVERTON COURT, STAVERTON, CHELTENHAM, GLOS

GL51 0UX

Tel 01242 680000

DX number

DX exchange



List of past and present shareholders Schedule to form 363a

CHFP036

Company Number 05308795

Company Name in full OWENS HEALTH & FITNESS LIMITED

- Changes to shareholders particulars or details of the amount of stock or shares transferred must be completed each year
- You must provide a "full list" of all the shareholders on:
 - The company's first annual return following incorporation;
 - Every third annual return after a full list has been provided
- List the company shareholders in alphabetical order or provide an index
- List joint shareholders consecutively

Shareholders' details	Class and number of shares or amount of stock held	Shares or amount of stock transferred (if appropriate)	
		Class and number of shares or amount of stock transferred	Date of registration of transfer
Name <u>DAVID PHILIP BLACK</u> Address <u>23 OVERTON ROAD</u> <u>CHELTENHAM</u> <u>GLOUCESTERSHIRE</u> UK Postcode <u>GL50 3BL</u>	ORDINARY 1		
Name _____ Address _____ _____ _____ UK Postcode _____			
Name _____ Address _____ _____ _____ UK Postcode _____			