



Companies House
— for the record —

AR01 (ef)

Annual Return



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Received for filing in Electronic Format on the: **27/01/2011**

Company Name: **OWENS HEALTH & FITNESS LIMITED**

Company Number: **05308795**

Date of this return: **09/12/2010**

SIC codes: **9304**

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

Situation of Registered Office: **132 FORD ROAD
UPTON
WIRRAL
CH49 0TQ**

Officers of the company

Company Director ***I***

Type: **Person**

Full forename(s): **DAVID PHILIP**

Surname: **BLACK**

Former names:

Service Address recorded as Company's registered office

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

Date of Birth: **14/03/1974**

Nationality: **BRITISH**

Occupation: **MARKETING**

Company Director **2**

Type: **Person**
Full forename(s): **MR. DANIEL JOHN**

Surname: **MCGRAIL**

Former names:

Service Address: **20 BOULTON AVENUE
WEST KIRBY
WIRRAL
MERSEYSIDE
CH48 5HZ**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **11/11/1975** *Nationality:* **ENGLISH**

Occupation: **DIRECTOR**

Company Director **3**

Type: **Person**
Full forename(s): **MRS KARLA ALANA**

Surname: **MCGRAIL**

Former names:

Service Address: **20 BOULTON AVENUE
WEST KIRBY
WIRRAL
MERSEYSIDE
CH48 5HZ**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **03/11/1979** *Nationality:* **ENGLISH**

Occupation: **DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY A	<i>Number allotted</i>	51
		<i>Aggregate nominal value</i>	0.51
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0.01
		<i>Amount unpaid per share</i>	0

Prescribed particulars

A)FULL VOTING RIGHTS B)FULL DIVIDEND RIGHTS C) FULL DISTRIBUTION RIGHTS D) IRREDEEMABLE SHARES

Class of shares	ORDINARY B	<i>Number allotted</i>	49
		<i>Aggregate nominal value</i>	0.49
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0.01
		<i>Amount unpaid per share</i>	0

Prescribed particulars

A)FULL VOTING RIGHTS B)FULL DIVIDEND RIGHTS C) FULL DISTRIBUTION RIGHTS D) IRREDEEMABLE SHARES

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	100
		<i>Total aggregate nominal value</i>	1

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 09/12/2010 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 : 51 ORDINARY A shares held as at 2010-12-09
Name: DAVID BLACK

Shareholding 2 : 49 ORDINARY B shares held as at 2010-12-09
Name: DAVID BLACK

Authorisation

Authenticated

This form was authorised by one of the following:

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