

DS01

Striking off application by a company



Companies House

000303-100

A fee is payable with this form
Please see 'How to pay' on the last page

☒ **What this form is for**

You may use this form to strike off a company from the Register

☒ **What this form is NOT for**

You cannot use this form to strike off a Limited Liability Partnership (LLP). To strike off an LLP please use form LL DS01 'Striking off application by a Limited Liability Partnership (LLP)'

SATURDAY



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24/10/2015

#145

COMPANIES HOUSE

Warning to all interested parties

This is an important notice and should not be ignored. The company named has applied to the Registrar to be struck off the Register and dissolved. Please note that on dissolution any remaining assets will be passed to the Crown. The Registrar will strike the company off the register unless there is reasonable cause not to do so. Guidance is available on grounds for objection. If in doubt, seek professional advice.

1

Company details

Company number

5 7 5 4 5 0 3

Company name in full

The School of Optimum Nutrition Limited

→ **Filling in this form**

Please complete in typescript or in bold black capitals

All fields are mandatory unless specified or indicated by *

2

The application

Warning to all applicants

It is an offence to knowingly or recklessly provide false or misleading information on this application.

It is an offence to apply for strike-off under this section if the company has bearer shares in issue ①

You are advised to read Section 4 and to consult the guidance available from Companies House before completing this form. If in doubt, seek professional advice.

I/We as director(s) / the majority of directors apply for this company to be struck off the Register and declare that none of the circumstances described in section 1004 or 1005 of the Companies Act 2006 (being circumstances in which the directors would otherwise be prohibited under those sections from making an application) exists in relation to the company ②

This form must be signed by the sole director if only 1, by both if there are 2, or by the majority if there are more than 2

→ Go to Section 3 'Name(s) and Signature(s) of the directors'

① Bearer shares are shares represented by a warrant and which have no registered holder

② Please read the guidance on our website or see section 1003 or 1004 of the Companies Act 2006 for circumstances under which an application may not be made

Please note that on dissolution all property and rights etc will be passed to the Crown



Further guidance

Guidance on striking off is available from our website

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3 Name(s) and signature(s) of the director(s)

Name (Print clearly)	Jackie Lynch		
Signature	<div style="display: flex; justify-content: space-between;"> X  X </div>		
Signature date	<div style="display: flex; justify-content: space-between;"> d 1 8 m 0 8 y 2 0 1 5 </div>		
Name (Print clearly)	Chris Mansi		
Signature	<div style="display: flex; justify-content: space-between;"> X  X </div>		
Signature date	<div style="display: flex; justify-content: space-between;"> d 0 8 m 0 8 y 2 0 1 5 </div>		
Name (Print clearly)			
Signature	<div style="display: flex; justify-content: space-between;"> X X </div>		
Signature date	<div style="display: flex; justify-content: space-between;"> d d m m y y y y </div>		
Name (Print clearly)			
Signature	<div style="display: flex; justify-content: space-between;"> X X </div>		
Signature date	<div style="display: flex; justify-content: space-between;"> d d m m y y y y </div>		

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Name and date

Please ensure that you complete the name and signature date

Signatures

This form must be signed by the sole director if only 1, by both if there are 2, or by the majority if there are more than 2

Further signatures

Please use a continuation page if you need to enter further signatures

4 What to do next**Notify all parties**

Please ensure that you send copies of this application to all notifiable parties e.g. creditors, employees, shareholders, pension managers or trustees and other directors of the company within 7 days from the day on which the application is made

Please also send copies to anyone who later becomes a notifiable party within 7 days of this taking place. This applies from the day of application and before the day on which the application is finally dealt with or withdrawn. Please check the guidance notes which contain a full list of those who must be notified. Failure to notify interested parties is an offence. It is advisable to obtain and retain some proof of delivery or posting of copies to notifiable parties.

Withdrawal of striking off application by a company

If the company ceases to be eligible for striking off at any time after the application is made, and before the application is finally dealt with, as specified in section 1009 of the Companies Act 2006, then the application must be withdrawn using form DS02 'Withdrawal of striking off application by a company' available from our website www.gov.uk/companieshouse

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Striking off application by a company

**Presenter information**

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

Contact name

Chris Mansi

Company name

The Institute for Optimum Nutriti

Address

Avalon House

72 Lower Mortlake Road

Post town

Richmond

County/Region

London

Postcode

TW9 2JY

Country

England

DX

Telephone

02086147816

**Checklist**

We may return the forms completed incorrectly or with information missing

Please make sure you have remembered the following

- ☒ The company name and number match the information held on the public Register
- ☒ The correct number of current directors have signed and dated the form – 1 director if there is only 1 director, both if there are 2, and the majority if there are more than 2 e.g. Out of 6 directors, 4 must sign
- ☒ You have included a printed name and date for the signature(s)
- ☐ You have included a continuation sheet (available from www.gov.uk/companieshouse) if applicable
- ☒ You have enclosed the correct fee

**Important information**

Please note that all information on this form will appear on the public record

**How to pay**

A fee of £10 is payable to Companies House in respect of a striking off application

Make cheques or postal orders payable to 'Companies House'

**Where to send**

You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below

For companies registered in England and Wales
The Registrar of Companies, Companies House,
Crown Way, Cardiff, Wales, CF14 3UZ
DX 33050 Cardiff

For companies registered in Scotland
The Registrar of Companies, Companies House,
Fourth floor, Edinburgh Quay 2,
139 Fountainbridge, Edinburgh, Scotland, EH3 9FF
DX ED235 Edinburgh 1
or LP - 4 Edinburgh 2 (Legal Post)

For companies registered in Northern Ireland
The Registrar of Companies, Companies House,
Second Floor, The Linenhall, 32-38 Linenhall Street,
Belfast, Northern Ireland, BT2 8BG
DX 481 N R Belfast 1

**Further information**

For further information please see the guidance notes on the website at www.gov.uk/companieshouse or email enquiries@companieshouse.gov.uk

This form is available in an alternative format. Please visit the forms page on the website at www.gov.uk/companieshouse