



*Companies House*  
— for the record —

**AR01** (ef)

**Annual Return**



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**XQH77HXW**

*Company Name:* **THE COMPLETE MAN LIMITED**

*Company Number:* **06494503**

*Date of this return:* **05/02/2010**

*SIC codes:* **9302**

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

*Situation of Registered Office:* **16 TOWNSHEND ROAD  
CHISLEHURST  
KENT  
BR7 6HP**

**Officers of the company**

*Company Secretary* **I**

*Type:* **Person**

*Full forename(s):* **NATALIE**

*Surname:* **SIMMONDS**

*Former names:*

*Service Address:* **16 TOWNSHEND ROAD  
CHISLEHURST  
KENT  
BR7 6HP**

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*Company Director* **1**

*Type:* **Person**

*Full forename(s):* **NATALIE**

*Surname:* **SIMMONDS**

*Former names:*

*Service Address:* **16 TOWNSHEND ROAD  
CHISLEHURST  
KENT  
BR7 6HP**

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

*Date of Birth:* **1974-05-27** *Nationality:* **BRITISH**

*Occupation:* **BUSINESS PERSON**

*Company Director*      **2**

*Type:*                      **Person**

*Full forename(s):*        **PAULA**

*Surname:*                **SIMMONDS**

*Former names:*

*Service Address:*        **21 CEDARHURST DRIVE  
ELTHAM  
LONDON  
SE9 5LP**

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

*Date of Birth:*   **1948-06-21**

*Nationality:*   **BRITISH**

*Occupation:*    **BUSINESS PERSON**

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## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>2</b>
		<i>Aggregate nominal value</i>	<b>2</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>0</b>
		<i>Amount unpaid per share</i>	<b>0</b>
<i>Prescribed particulars</i>	<b>(A) PARTICULARS OF ANY VOTING RIGHTS, INCLUDING RIGHTS THAT ARISE ONLY IN CERTAIN CIRCUMSTANCES; (B) PARTICULARS OF ANY RIGHTS, AS RESPECTS DIVIDENDS, TO PARTICIPATE IN A DISTRIBUTION; (C) PARTICULARS OF ANY RIGHTS, AS RESPECTS CAPITAL, TO PARTICIPATE IN A DISTRIBUTION (INCLUDING ON WINDING UP); AND (D) WHETHER THE SHARES ARE TO BE REDEEMED OR ARE LIABLE TO BE REDEEMED AT THE OPTION OF THE COMPANY OR THE SHAREHOLDER AND ANY TERMS OR CONDITIONS RELATING TO REDEMPTION OF THESE SHARES.</b>		

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>2</b>
		<i>Total aggregate nominal value</i>	<b>2</b>

## Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 05/02/2010 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*

**1 ORDINARY Shares held as at 05/02/2010**

*Name:*

**NATALIE SIMMONDS**

*Address:*

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*Shareholding : 2*

**1 ORDINARY Shares held as at 05/02/2010**

*Name:*

**PAULA SIMMONDS**

*Address:*

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### *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

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