



Annual Return

Company Name: **Assert Health & Fitness Ltd**

Company Number: **07650460**



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Company Name: **Assert Health & Fitness Ltd**

Company Number: **07650460**

Date of this return: **27/05/2016**

Sic Codes: **93130**

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

Situation of **14 WICKLOW COURT WEST SLEEKBURN CHOPPINGTON**

Registered Office: **NORTHUMBERLAND
ENGLAND NE62 5XL**

Officers of the company

Company Director 1

Type: **Person**
Full Forename(s): **MR DEAN NICHOLAS**
Surname: **COULSON**
Service Address: **14 WICKLOW COURT WEST SLEEBURN CHOPPINGTON
ENGLAND NE62 5XL**

Country/State **ENGLAND**

Usually Resident:

Date of Birth: ****/08/1971**

Nationality: **BRITISH**

Occupation: **DIRECTOR**

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Company Director 2

Type: **Person**
Full Forename(s): **MRS JOY**
Surname: **COULSON**
Service Address: **14 WICKLOW COURT WEST SLEEBURN CHOPPINGTON
ENGLAND NE62 5XL**

Country/State **ENGLAND**

Usually Resident:

Date of Birth: ****/11/1971**

Nationality: **BRITISH**

Occupation: **DIRECTOR**

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Statement of Capital (Share Capital)

Class of Shares:	ORDINARY	Number allotted	100
Currency:	GBP	Aggregate nominal value:	100

Prescribed particulars

ALL ORDINARY SHARES HOLD EQUAL VOTING RIGHTS

Class of Shares:	PREFERENCE	Number allotted	60000
Currency:	GBP	Aggregate nominal value:	60000

Prescribed particulars

PREFERENCE SHARES HAVE NO VOTING RIGHTS

Statement of Capital (Totals)

Currency:	GBP	Total number of shares:	60100
		Total aggregate nominal value:	60100
		Total aggregate amount unpaid:	0

Full details of Shareholders

The details below relate to individuals/corporate bodies that were shareholders as at 27th May 2016 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:	60 ORDINARY shares held as at the date of this return
Name:	DEAN NICHOLAS COULSON
Shareholding 2:	40 ORDINARY shares held as at the date of this return
Name:	ELIZABETH COULSON
Shareholding 3:	60000 PREFERENCE shares held as at the date of this return
Name:	THE ASSERT HEALTH & FITNESS PENSION SCHEME

Authorisation

Authenticated

This form was authorised by one of the following:

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

