



Companies House

AR01 (ef)

Annual Return



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

Company Number: **07650460**

Date of this return: **27/05/2014**

SIC codes: **93130**

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

Situation of Registered Office: **14 WICKLOW COURT WEST SLEEKBURN
CHOPPINGTON
NORTHUMBERLAND
ENGLAND
NE62 5XL**

Officers of the company

Company Director ***1***

Type: **Person**

Full forename(s): **MR DEAN NICHOLAS**

Surname: **COULSON**

Former names:

Service Address: **14 WICKLOW COURT WEST SLEEKBURN
CHOPPINGTON
NORTHUMBERLAND
ENGLAND
NE62 5XL**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **18/08/1971**

Nationality: **BRITISH**

Occupation: **DIRECTOR**

Company Director 2

Type: **Person**
Full forename(s): **MRS JOY**

Surname: **COULSON**

Former names:

Service Address: **14 WICKLOW COURT WEST SLEEKBURN
CHOPPINGTON
NORTHUMBERLAND
ENGLAND
NE62 5XL**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **16/11/1971** *Nationality:* **BRITISH**
Occupation: **DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	100
		<i>Aggregate nominal value</i>	100
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
ALL ORDINARY SHARES HOLD EQUAL VOTING RIGHTS			

Class of shares	PREFERENCE	<i>Number allotted</i>	60000
		<i>Aggregate nominal value</i>	60000
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
PREFERENCE SHARES HAVE NO VOTING RIGHTS			

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	60100
		<i>Total aggregate nominal value</i>	60100

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 27/05/2014 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for the 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.