



Companies House

CS01 (ef)

Confirmation Statement

Company Name: **GOWER HEALTH & FITNESS SOLUTIONS LIMITED**

Company Number: **08497901**



Received for filing in Electronic Format on the: **02/04/2024**

XD06P8TC

Company Name: **GOWER HEALTH & FITNESS SOLUTIONS LIMITED**

Company Number: **08497901**

Confirmation Statement date: **02/04/2024**

Sic Codes: **47910**

Principal activity description: **Retail sale via mail order houses or via Internet**

The company confirms that its intended future activities are lawful.

Statement of Capital (Share Capital)

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

THE SHARES HAVE ATTACHED TO THEM FULL VOTING, DIVIDEND AND CAPITAL DISTRIBUTION (INCLUDING ON WINDING UP) RIGHTS; THEY DO NOT CONFER ANY RIGHTS OF REDEMPTION.

Class of Shares:	ORDINARY-	Number allotted	10
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A	Aggregate nominal value:	10
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Currency:	GBP
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Prescribed particulars

THE SHARES HAVE ATTACHED TO THEM FULL VOTING, DIVIDEND AND CAPITAL DISTRIBUTION (INCLUDING ON WINDING UP) RIGHTS; THEY DO NOT CONFER ANY RIGHTS OF REDEMPTION.

Class of Shares:	ORDINARY-	Number allotted	10
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B	Aggregate nominal value:	10
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Currency:	GBP
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Prescribed particulars

THE SHARES HAVE ATTACHED TO THEM FULL VOTING, DIVIDEND AND CAPITAL DISTRIBUTION (INCLUDING ON WINDING UP) RIGHTS; THEY DO NOT CONFER ANY RIGHTS OF REDEMPTION.

Statement of Capital (Totals)

Currency:	GBP	Total number of shares:	120
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Total aggregate nominal value:	120
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Total aggregate amount	0
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unpaid:

Full details of Shareholders

The details below relate to individuals/corporate bodies that were shareholders during the review period or that had ceased to be shareholders since the date of the previous confirmation statement.

Shareholder information for a non-traded company as at the confirmation statement date is shown below

Shareholding 1: **10 ORDINARY-A shares held as at the date of this confirmation statement**

Name: **ANDREW MICHAEL OLAF GOWER**

Shareholding 2: **10 ORDINARY-B shares held as at the date of this confirmation statement**

Name: **EMILY MARGARET ELIZABETH GOWER**

Shareholding 3: **50 ORDINARY shares held as at the date of this confirmation statement**

Name: **MARINA GOWER**

Shareholding 4: **25 transferred on 2023-09-25**

50 ORDINARY shares held as at the date of this confirmation statement
Name: **MICHAEL FRANCIS DAMIEN GOWER**

Confirmation Statement

I confirm that all information required to be delivered by the company to the registrar in relation to the confirmation period concerned either has been delivered or is being delivered at the same time as the confirmation statement

Authorisation

Authenticated

This form was authorised by one of the following:

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