



*Companies House*  
— for the record —

**AR01** (ef)

**Annual Return**



XYJFJL96

Received for filing in Electronic Format on the: **29/06/2010**

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*Company Name:* **A.B.F. LIMITED**

*Company Number:* **00273919**

*Date of this return:* **26/06/2010**

*SIC codes:* **3614**  
**3615**

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

*Situation of Registered Office:* **PO BOX 100  
LONG ING LANE  
BARNOLDSWICK  
LANCASHIRE  
BB18 6WT**

**Officers of the company**

*Company Secretary*    **1**

*Type:*                            **Person**  
*Full forename(s):*           **MR PAUL SETH**  
*Surname:*                    **MCKOEN**  
*Former names:*  
*Service Address:*           **PO BOX 100**  
                                      **LONG ING LANE**  
                                      **BARNOLDSWICK**  
                                      **LANCASHIRE**  
                                      **BB18 6WT**

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*Company Director*    **1**

*Type:*                            **Person**  
*Full forename(s):*           **STEPHEN JOHN**  
*Surname:*                    **BROWN**  
*Former names:*  
*Service Address:*           **PO BOX 100**  
                                      **LONG ING LANE**  
                                      **BARNOLDSWICK**  
                                      **LANCASHIRE**  
                                      **BB18 6WT**

*Country/State Usually Resident:*   **ENGLAND**

*Date of Birth:*   **29/01/1949**                            *Nationality:*   **BRITISH**  
*Occupation:*    **DIRECTOR**

*Company Director*      **2**

*Type:*                              **Person**  
*Full forename(s):*              **PETER**  
*Surname:*                        **CLARKE**  
*Former names:*  
*Service Address:*              **SPINDRIFT  
BAR ROAD, HELFORD PASSAGE HILL,MAWNAN  
SMITH  
FALMOUTH  
CORNWALL  
TR11 5LE**

*Country/State Usually Resident:*   **ENGLAND**

*Date of Birth:*   **07/01/1949**                      *Nationality:*   **BRITISH**  
*Occupation:*    **COMPANY DIRECTOR**

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*Company Director*      **3**

*Type:*                              **Person**  
*Full forename(s):*              **MR JAMES**  
*Surname:*                        **CONWAY**  
*Former names:*  
*Service Address:*              **PO BOX 100  
LONG ING LANE  
BARNOLDSWICK  
LANCASHIRE  
BB18 6WT**

*Country/State Usually Resident:*   **ENGLAND**

*Date of Birth:*   **06/04/1964**                      *Nationality:*   **BRITISH**  
*Occupation:*    **SALES DIRECTOR**

*Company Director*      **4**

*Type:*                              **Person**  
*Full forename(s):*              **MR STEPHEN**  
*Surname:*                        **FREEMAN**  
*Former names:*  
*Service Address:*              **PO Box 100**  
   **LONG ING LANE**  
   **BARNOLDSWICK**  
   **LANCASHIRE**  
   **UNITED KINGDOM**  
   **BB18 6WT**

*Country/State Usually Resident:*   **ENGLAND**

*Date of Birth:*   **12/04/1956**                              *Nationality:*   **BRITISH**  
*Occupation:*     **DIRECTOR**

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*Company Director*      **5**

*Type:*                              **Person**  
*Full forename(s):*              **RICHARD JOSEPH**  
*Surname:*                        **LOGAN**  
*Former names:*  
*Service Address:*              **PO BOX 100**  
   **LONG ING LANE**  
   **BARNOLDSWICK**  
   **LANCASHIRE**  
   **BB18 6WT**

*Country/State Usually Resident:*   **ENGLAND**

*Date of Birth:*   **30/05/1958**                              *Nationality:*   **BRITISH**  
*Occupation:*     **DIRECTOR**

*Company Director*      **6**

*Type:*                              **Person**  
*Full forename(s):*              **MR PAUL SETH**  
*Surname:*                        **MCKOEN**  
*Former names:*  
*Service Address:*              **PO BOX 100**  
   **LONG ING LANE**  
   **BARNOLDSWICK**  
   **LANCASHIRE**  
   **BB18 6WT**

*Country/State Usually Resident:*   **ENGLAND**

*Date of Birth:*   **27/06/1961**                              *Nationality:*   **BRITISH**  
*Occupation:*    **DIRECTOR**

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*Company Director*      **7**

*Type:*                              **Person**  
*Full forename(s):*              **NEAL GERARD**  
*Surname:*                        **MERNOCK**  
*Former names:*  
*Service Address:*              **PO BOX 100**  
   **LONG ING LANE**  
   **BARNOLDSWICK**  
   **LANCASHIRE**  
   **BB18 6WT**

*Country/State Usually Resident:*   **ENGLAND**

*Date of Birth:*   **09/02/1954**                              *Nationality:*   **BRITISH**  
*Occupation:*    **COMPANY DIRECTOR**

*Company Director*      8

*Type:*                      **Person**  
*Full forename(s):*        **CHRISTOPHER**  
*Surname:*                **ROBERTS**  
*Former names:*  
*Service Address:*        **PO BOX 100**  
                                  **LONG ING LANE**  
                                  **BARNOLDSWICK**  
                                  **LANCASHIRE**  
                                  **BB18 6WT**

*Country/State Usually Resident:*   **ENGLAND**

*Date of Birth:*   **30/06/1961**                      *Nationality:*   **BRITISH**  
*Occupation:*    **ACCOUNTANT**

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## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>62427</b>
		<i>Aggregate nominal value</i>	<b>62427</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>FULL RIGHTS ATTACHED</b>		

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>62427</b>
		<i>Total aggregate nominal value</i>	<b>62427</b>

### *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 26/06/2010 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

**62427 ORDINARY Shares held as at 26/06/2010**

*Name:* **SILENTNIGHT GROUP LIMITED**

*Address:*

## *Authorisation*

*Authenticated*

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

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