



Companies House

— for the record —

Company Name

ACTIONSHAKE LIMITED

Company Type

Private Company Limited By
Shares

Company Number

3252051

Information extracted from
Companies House records on
5th September 2000

363s Annual Return

- > Please check the details printed in blue on this statement.
- > If any details are wrong, strike them through and write the correct details in the "Amended details" column.
- > Please use black pen and write in capitals.



Section 1: Company details

Ref: 3252051/03/10

	Current details	Amended details																
> Registered Office Address <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	8a London Road Grays Essex RM17 5XY	Address UK Postcode _ _ _ _ _																
> Register of Members <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Address where the Register is held At Registered Office	Address UK Postcode _ _ _ _ _																
> Register of Debenture Holders <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Not Applicable	Address UK Postcode _ _ _ _ _																
> Principal Business Activities <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<table border="1"> <thead> <tr> <th>SIC Code</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td>4521</td> <td>Gen construction & civil engineer</td> </tr> </tbody> </table>	SIC Code	Description	4521	Gen construction & civil engineer	<table border="1"> <thead> <tr> <th>SIC CODE</th> <th>Description</th> </tr> </thead> <tbody> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table>	SIC CODE	Description										
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> Please enter additional principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes.		<table border="1"> <tbody> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table>																

Section 2: Details of Officers of the Company

	Current details	Amended details
> Company Secretary If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column. <i>Particulars of a new Company Secretary must be notified on form 288.</i>	Name Lorraine Silvia MILES Address 17 Bishops Road Corringham Stanford Le Hope Essex SS17 7HS	Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _ Date of change _ _ / _ _ / _ _ _ _ Date Lorraine Silvia MILES ceased to be secretary (if applicable) _ _ / _ _ / _ _ _ _
> Director If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column. <i>Particulars of a new Director must be notified on form 288.</i>	Name Lorraine Silvia MILES Address 17 Bishops Road Corringham Stanford Le Hope Essex SS17 7HS Date of birth 06/10/1957 Nationality British Occupation Director	Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Lorraine Silvia MILES ceased to be director (if applicable) _ _ / _ _ / _ _ _ _
> Director If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column. <i>Particulars of a new Director must be notified on form 288.</i>	Name Michael Richard MILES Address 17 Bishops Road Stanford Le Hope Essex SS17 7HS Date of birth 26/09/1954 Nationality British Occupation Director	Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Michael Richard MILES ceased to be director (if applicable) _ _ / _ _ / _ _ _ _

Section 3: Share Capital

	Current details	Amended details
> Issued Share Capital <i>This table shows the total number of shares that have been issued by your company and their Nominal Value. If any of the details are wrong, please fill in the correct details.</i>	Class of share Ordinary Nominal value of each share £1.00 Number of shares issued 2 Aggregate Nominal Value of issued shares £2.00	Class of share _____ Nominal value of each share _____ Number of shares issued _____ Aggregate Nominal Value of issued shares _____
> Total shares issued and value <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Total number of shares issued 2 Total Nominal value of shares issued £2.00	Total number of shares issued _____ Total Nominal value of shares issued _____
> At the date of this Annual Return, if the company has altered or changed its share capital in any way or allotted new shares, please refer to the guidance notes for details of the appropriate form that should be sent with this Annual Return. Annual return guidance notes are available on the Companies House web site at www.companieshouse.gov.uk or by ringing 029 2038 0801.		

Current details		Amended details		Shares transferred		
> Shareholder Name Lorraine Silvia MILES Address 17 Bishops Road Corringham Stanford Le Hope Essex SS17 7HS Shares held Class Ordinary Number 1		Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _ Shares held Class _____ Number _____ _____ _____ _____		Shares transferred by Lorraine Silvia MILES Class Number Date of transfer _____ _____ _____ _____ _____ _____		
> Shareholder Name Michael Richard MILES Address 17 Bishops Road Corringham Essex SS17 7HS Shares held Class Ordinary Number 1		Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _ Shares held Class _____ Number _____ _____ _____ _____		Shares transferred by Michael Richard MILES Class Number Date of transfer _____ _____ _____ _____ _____ _____		

Section 5: Details of Other Shareholders

- > Please fill in details of any persons or corporate bodies who are shareholders of the company at the date of this return, but whose details are not printed in Section 4.
- > Also, provide the details of any persons who became but have ceased to be shareholders of the company since the date of the last annual return.
- > For jointly held shares please list those joint shareholders consecutively on the form. If a joint shareholder also holds shares in their own right, list that holding separately.
- > Please copy this page if there is not enough space to enter all the company's other shareholders.

Shareholders details	Class and number of shares or amount of stock held	Class and number of shares or amount of stock transferred (If appropriate)	Date of registration of transfer (If appropriate)
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _			



Companies House

— for the record —

363s Annual Return Declaration

- > When you have checked all the sections of this form, please complete this page and sign the declaration below.
- > If you want to change the made up date of this annual return, please complete 2 below.

1. Declaration

- ☒ I confirm that the details in this annual return are correct as at the made-up-date (shown at 2 below). I enclose the filing fee of £15.

Signature

(Director / Secretary)

Date

12 / 09 / 2000

This date must not be earlier than the return date at 2 below

What to do now

Complete this page then send the whole of the Annual Return and the declaration to the address shown at 4 below.

2. Date of this return

- ☒ This AR is made up to 19/9/2000
- If you are making this return up to an earlier date, please give the date here

__ / __ / ____

Note: The form must be delivered to CH within 28 days of this date

3. Date of next return

- ☐ If you wish to change your next return to a date earlier than 19th September 2001 please give the new date here:

__ / __ / ____

4. Where to send this form

- ☒ Please return this form to:

Registrar of Companies
Companies House
Crown Way
Cardiff CF14 3UZ

OR

For members of the Hays Document
Exchange service
DX 33050 Cardiff

Have you enclosed the filing fee with the company number written on the reverse of the cheque?

Cheque



Postal Order



Cheque / Postal Order

Number 0060518

(Please complete as appropriate)

Contact Address

Please give the name and address of the person who should be contacted if there are any queries about this form.

Contact Name

LANE PARRISH

Telephone number inc code

01325 384533

Address

86 LONDON ROAD

DX number if applicable

GRAN

DX exchange

03508

Postcode

RM17 5X4