



**Companies House**  
— for the record —

**AR01** (ef)

**Annual Return**



XHQIUZO3

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*Company Name:* **A&B FITNESS LIMITED**

*Company Number:* **06739226**

*Date of this return:* **03/11/2011**

*SIC codes:* **93130**

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

*Situation of Registered Office:* **13-14 GELLIWASTAD ROAD  
PONTYPRIDD  
RHONDDA CYNON TAFF  
CF37 2BW**

**Officers of the company**

*Company Director*    **1**

*Type:*                      **Person**

*Full forename(s):*        **MS ALYSON MARGARET**

*Surname:*                **ACREMAN**

*Former names:*

*Service Address:*        **VICTORIA HOUSE CARDIFF ROAD  
QUAKERS YARD  
TREHARRIS  
MID GLAMORGAN  
UNITED KINGDOM  
CF46 5DU**

*Country/State Usually Resident:*    **WALES**

*Date of Birth:*    **06/01/1966**

*Nationality:*    **WELSH**

*Occupation:*    **DIRECTOR**

*Company Director* 2

*Type:* **Person**

*Full forename(s):* **MR BYRON WYNNE**

*Surname:* **JONES**

*Former names:*

*Service Address:* **VICTORIA HOUSE CARDIFF ROAD  
QUAKERS YARD  
TREHARRIS  
MID GLAMORGAN  
UNITED KINGDOM  
CF46 5DU**

*Country/State Usually Resident:* **WALES**

*Date of Birth:* **25/04/1962**

*Nationality:* **WELSH**

*Occupation:* **DIRECTOR**

## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>1000</b>
		<i>Aggregate nominal value</i>	<b>1000</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>1</b>
		<i>Amount unpaid per share</i>	<b>0</b>

### *Prescribed particulars*

ALL SHARES RANK PARI PASU IN ALL RESPECTS. ALL HAVING FULL VOTING RIGHTS, FULL RIGHTS TO PARTICIPATING IN DIVIDEND DISTRIBUTIONS AND FULL RIGHTS TO PARTICIPATING IN CAPITAL DISTRIBUTIONS (INCLUDING UPON WINDING UP).

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>1000</b>
		<i>Total aggregate nominal value</i>	<b>1000</b>

## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 03/11/2011 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* : **500 ORDINARY shares held as at the date of this return**  
*Name:* **ALYSON ACREMAN**

*Shareholding 2* : **500 ORDINARY shares held as at the date of this return**  
*Name:* **BYRON JONES**

## *Authorisation*

*Authenticated*

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

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