



*Companies House*  
— for the record —

**AR01** (ef)

**Annual Return**



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

*Company Number:* **06739226**

*Date of this return:* **03/11/2009**

*SIC codes:* **9262**

*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**

*Service Address:*

*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:*   **GREAT BRITAIN**

*Date of Birth:*   **06/01/1966**                              *Nationality:*   **BRITISH**  
*Occupation:*    **DIRECTOR**

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*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:*   **GREAT BRITAIN**

*Date of Birth:*   **25/04/1962**                              *Nationality:*   **BRITISH**  
*Occupation:*    **DIRECTOR**

## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>1000</b>
	<b>GBP</b>	<i>Aggregate nominal value</i>	<b>1000</b>
<i>Currency</i>		<i>Amount paid</i>	<b>1</b>
		<i>Amount unpaid</i>	<b>0</b>
<i>Prescribed particulars</i>	<b>ALL SHARES OF THIS CATEGORY TO RANK EQUALLY.</b>		

## 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 03/11/2009 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:*

**500 ORDINARY Shares held as at 03/11/2009**

*Name:*

**ALYSON ACREMAN**

*Address:*

*Shareholding 2:*

**500 ORDINARY Shares held as at 03/11/2009**

*Name:*

**BYRON JONES**

*Address:*

## Presenter information

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*Contact Name:*

*Address:*

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## *Authorisation*

*Authenticated*

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

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