



Companies House
— for the record —

AR01 (ef)

Annual Return



X3HKYPJ7

Received for filing in Electronic Format on the: **30/11/2010**

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

Company Number: **06739226**

Date of this return: **03/11/2010**

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

Company Director ***I***

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)

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

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

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 03/11/2010 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 : 500 ORDINARY shares held as at 2010-11-03
Name: ALYSON ACREMAN

Shareholding 2 : 500 ORDINARY shares held as at 2010-11-03
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.