



Companies House
— for the record —

AR01 (ef)

Annual Return



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Company Name: **IMPULSE FITNESS & LIFESTYLE COACHING LTD**

Company Number: **06974368**

Date of this return: **28/07/2010**

SIC codes: **8514**

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

Situation of Registered Office: **123 CIMLA ROAD
CIMLA
NEATH
SA11 3UE**

Officers of the company

Company Secretary 1

Type: **Person**
Full forename(s): **MRS SUSAN JAYNE**

Surname: **LANGSTONE**

Former names:

Service Address: **6 OAKTREE CLOSE
WEST CROSS
SWANSEA
WEST GLAMORGAN
UNITED KINGDOM
SA3 5RW**

Company Director ***I***

Type: **Person**

Full forename(s): **MR FLINT ANDREW PAUL**

Surname: **DENYER**

Former names:

Service Address: **123 CIMLA ROAD
CIMLA
NEATH
SA11 3UE**

Country/State Usually Resident: **WALES**

Date of Birth: **31/07/1964** *Nationality:* **BRITISH**

Occupation: **COMPANY DIRECTOR**

Company Director 2

Type: **Person**
Full forename(s): **MRS SUSAN JAYNE**

Surname: **LANGSTONE**

Former names: **HIXSON**

Service Address: **6 , OAKTREE CLOSE
WEST CROSS
SWANSEA
WEST GLAMORGAN
SA3 5RW**

Country/State Usually Resident: **WALES**

Date of Birth: **19/07/1965** *Nationality:* **BRITISH**
Occupation: **COUNSELLOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	4
		<i>Aggregate nominal value</i>	4
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
EACH SHARE IS ENTITLED TO 1 VOTE			

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	4
		<i>Total aggregate nominal value</i>	4

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 28/07/2010 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 : 2 ORDINARY shares held as at 2010-07-28
Name: SUSAN LANGSTONE

Shareholding 2 : 2 ORDINARY shares held as at 2010-07-28
Name: FLINT DENYER

Authorisation

Authenticated

This form was authorised by one of the following:

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