



Companies House

**AR01** (ef)

**Annual Return**



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**X3I0R5ZC**

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

*Company Number:* **06974368**

*Date of this return:* **28/07/2014**

*SIC codes:* **86900**

*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): **MR FLINT ANDREW PAUL**

Surname: **DENYER**

Former names:

*Service Address recorded as Company's registered office*

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## *Company Director 1*

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**

## Statement of Capital (Share Capital)

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<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>4</b>
		<i>Aggregate nominal value</i>	<b>4</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>
<i>Prescribed particulars</i>			
<b>EACH SHARE IS ENTITLED TO 1 VOTE</b>			

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## Statement of Capital (Totals)

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

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## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 28/07/2014 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* : **4 ORDINARY shares held as at the date of this return**  
*Name:* **FLINT DENYER**

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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.