

The Insolvency Act 1986

Liquidator's Statement of
Receipts and Payments
Pursuant to Section 192 of
The Insolvency Act 1986**S.192**

To the Registrar of Companies

For Official Use

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Company Number

1789716

Name of Company

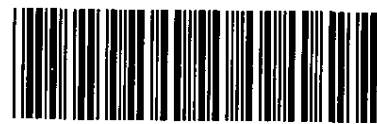
Instant Muscle Limited

I/We

Henry Anthony Shinnars, 25 Moorgate, London, EC2R 6AY

Mark Christopher Ford, 25 Moorgate, London, EC2R 6AY

SATURDAY

*A8FWEDQG*
A09 12/10/2019 #210
COMPANIES HOUSE

the liquidator(s) of the company attach a copy of my/our statement of receipts and payments under section 192 of the Insolvency Act 1986.

Signed

Date

10/10/19

Smith & Williamson LLP
25 Moorgate
London
EC2R 6AY

Ref: IN322/HAS/LC5/ERO/TRDF

For Official Use

Insolvency Sect

Post Room

Statement of Receipts and Payments under section 192 of the Insolvency Act 1986

Name of Company	Instant Muscle Limited
Company Registered Number	1789716
State whether members' or creditors' voluntary winding up	Creditors
Date of commencement of winding up	24 September 2008
Date to which this statement is brought down	23 September 2019
Name and Address of Liquidator	
	Henry Anthony Shinnars, 25 Moorgate, London, EC2R 6AY
	Mark Christopher Ford, 25 Moorgate, London, EC2R 6AY

NOTES

You should read these notes carefully before completing the forms. The notes do not form part of the return to be sent to the registrar of companies

Form and Contents of Statement

(1) Every statement must contain a detailed account of all the liquidator's realisations and disbursements in respect of the company. The statement of realisations should contain a record of all receipts derived from assets existing at the date of the winding up resolution and subsequently realised, including balance at bank, book debts and calls collected, property sold etc., and the account of disbursements should contain all payments of costs, charges and expenses, or to creditors or contributories. Receipts derived from deposit accounts and money market deposits are to be included in the 'balance at bank'. Only actual investments are to be included in the 'amounts invested' section in the analysis of balance on page 5 of the form. Where property has been realised, the gross proceeds of sale must be entered under realisations and the necessary payments incidental to sales must be entered as disbursements. A payment into the Insolvency Services Account is not a disbursement and should not be shown as such; nor are payments into a bank, building society or any other financial institution. However, the interest received on any investment should be shown in the realisations. Each receipt and payment must be entered in the account in such a manner as sufficiently to explain its nature. The receipts and payments must severally be added up at the foot of each sheet and the totals carried forward from one account to another without any intermediate balance, so that the gross totals represent the total amounts received and paid by the liquidator respectively.

Trading Account

(2) When the liquidator carries on a business, a trading account must be forwarded as a distinct account, and the total of receipts and payments on the trading account must alone be set out in this statement.

Dividends

(3) When dividends, instalments of compositions, etc. are paid to creditors or a return of surplus assets is made to contributories, the total amount of each dividend, etc. actually paid, must be entered in the statement of disbursements as one sum; and the liquidator must forward separate accounts showing in lists the amount of the claim of each creditor, and the amount of dividend, etc. payable to each creditor or contributory.

(4) When unclaimed dividends, etc. are paid into the Insolvency Services Account, the total amount so paid in should be entered in the statement of disbursements as one sum. The items to be paid in relation to unclaimed dividends should first be included in the realisations side of the account.

(5) Credit should not be taken in the statement of disbursements for any amount in respect of liquidator's remuneration unless it has been duly allowed by resolutions of the liquidation committee or of the creditors or of the company in general meeting, or by order of the court as the case may require, or is otherwise allowable under the provisions of the Insolvency Rules.

Liquidator's statement of account
under section 192 of the Insolvency Act 1986

Realisations			
Date	Of whom received	Nature of assets realised	Amount
02/08/2019	H M Revenue & Customs	Brought Forward	1,022,678.89
		Vat Control Account	6,946.17
Carried Forward			1,029,625.06

NOTE: No balance should be shown on this account but only the total realisations and disbursements which should be carried forward to the next account.

Disbursements			
Date	To whom paid	Nature of disbursements	Amount
		Brought Forward	975,303.18
10/04/2019	JG Collection Services	Storage Costs	323.52
10/04/2019	JG Collection Services	VAT Receivable	64.70
13/05/2019	Iron Mountain (UK) Plc	Storage Costs	2,910.63
13/05/2019	Iron Mountain (UK) Plc	VAT Receivable	582.13
14/06/2019	Smith & Williamson LLP	Liquidator's Fees	23,079.58
14/06/2019	Smith & Williamson LLP	VAT Receivable	6,000.00
14/06/2019	Smith & Williamson LLP	Storage Costs	986.70
14/06/2019	Smith & Williamson LLP	VAT Receivable	197.34
14/06/2019	Smith & Williamson LLP	Postage	510.00
14/06/2019	Smith & Williamson LLP	VAT Receivable	102.00
05/09/2019	Smith & Williamson LLP	Liquidator's Fees	6,920.42
18/09/2019	Distribution	Employees	490.73
18/09/2019	Distribution	Trade & Expense Creditors	7,179.59
18/09/2019	Distribution	HM Revenue & Customs	2,390.75
18/09/2019	Distribution	Inland Revenue	58.20
18/09/2019	Distribution	Department of Employment	2,499.84
Carried Forward			1,029,599.31

NOTE: No balance should be shown on this account but only the total realisations and disbursements which should be carried forward to the next account.

Analysis of balance

Total realisations	£	1,029,625.06
Total disbursements		1,029,599.31
Balance £		25.75
This balance is made up as follows		
1. Cash in hands of liquidator		0.00
2. Balance at bank		25.75
3. Amount in Insolvency Services Account		0.00
4. Amounts invested by liquidator	£	0.00
Less: The cost of investments realised	0.00	
Balance		0.00
5. Accrued Items		0.00
Total Balance as shown above		25.75

NOTE - Full details of stocks purchased for investment and any realisation of them should be given in a separate statement.

The Liquidator should also state -

- (1) The amount of the estimated assets and liabilities at the date of the commencement of the winding up.

	£
Assets (after deducting amounts charged to secured creditors including the holders of floating charges)	0.00
Liabilities - Fixed charge creditors	0.00
Floating charge holders	0.00
Preferential creditors	0.00
Unsecured creditors	0.00

- (2) The total amount of the capital paid up at the date of the commencement of the winding up -

Paid up in cash	0.00
Issued as paid up otherwise than for cash	0.00

- (3) The general description and estimated value of any outstanding assets (if there is insufficient space here, attach a separate sheet)

No outstanding assets.

- (4) Why the winding up cannot yet be concluded

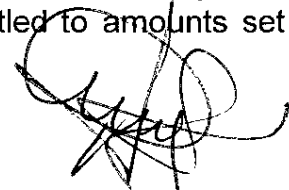
Declaration of final dividend.

- (5) The period within which the winding up is expected to be completed

4 months.

List of Dividends Or Composition
Instant Muscle Limited

I HEREBY CERTIFY that a Dividend was declared payable on and after 05th day of September 2019 and that creditors whose names are set forth below are entitled to amounts set opposite their respective names.

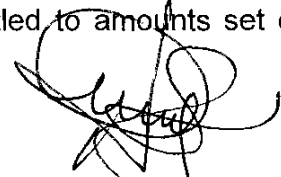


Henry Anthony Shinner
Joint Liquidator
05 Sep 2019

Key	Name of claimant	Rate p in £	Amount of Proof	Dividend Payable	Rate	Amount of Interest	Interest Payable	Total
CA02	Abbey Business Equipment Ltd	0.61	25,850.00	158.88	0.00	0.00	0.00	158.88
CA06	Archant Regional	0.61	1,443.90	8.87	0.00	0.00	0.00	8.87
CA0K	Alternative Direct Marketing Limited	0.61	4,410.00	27.10	0.00	0.00	0.00	27.10
CA0W	Albionhill Property Development	0.61	19,627.50	120.63	0.00	0.00	0.00	120.63
CB01	Biffa Waste Services Ltd	0.61	117.11	0.72	0.00	0.00	0.00	0.72
CB0C	British Gas Business	0.62	554.09	3.41	0.00	0.00	0.00	3.41
CB0L	Balanced People Ltd	0.61	30,277.74	186.09	0.00	0.00	0.00	186.09
CB0O	Bon Marche Centre Ltd	0.61	14,304.34	87.92	0.00	0.00	0.00	87.92
CB0P	Berryman	0.61	6,342.11	38.98	0.00	0.00	0.00	38.98
CB0Q	Blockbuster Entertainment Limited	0.61	12,499.35	76.82	0.00	0.00	0.00	76.82
CB0R	Bernard Wood	0.61	500.00	3.07	0.00	0.00	0.00	3.07
CB0U	Wendy Baker	0.62	206.00	1.27	0.00	0.00	0.00	1.27
CB0X	British Telecom Business	0.61	22,190.42	136.39	0.00	0.00	0.00	136.39
CC03	Chubb Fire Limited	0.61	1,379.99	8.48	0.00	0.00	0.00	8.48
CC06	Countrywise Spring Water	0.61	39.42	0.24	0.00	0.00	0.00	0.24
CC07	OCS Group UK Ltd t/a Cannon	0.61	151.22	0.93	0.00	0.00	0.00	0.93
CC0F	Commonwork Land Trust	0.61	570.75	3.51	0.00	0.00	0.00	3.51
CC0G	Caroline Milne & Co Limited	0.61	481.95	2.96	0.00	0.00	0.00	2.96
CC0H	CLG (Great Britain) Limited (in Liquidat	0.61	24,777.85	152.29	0.00	0.00	0.00	152.29
CC0I	Care Training East Midlands Ltd	0.61	62,250.16	382.60	0.00	0.00	0.00	382.60
CC0J	Capita Resourcing Limited	0.61	5,405.00	33.22	0.00	0.00	0.00	33.22
CC0N	Castell Howell Foods Limited	0.62	968.92	5.96	0.00	0.00	0.00	5.96
CC0R	Chris Raven	0.61	11,093.00	68.18	0.00	0.00	0.00	68.18
CC1A	Chapmans Removals	0.61	1,116.25	6.86	0.00	0.00	0.00	6.86
CC1B	Chamberlain Beaumont London Limite	0.61	3,525.00	21.67	0.00	0.00	0.00	21.67
CC1C	Neath Port Talbot County Borough Cou	0.62	479.67	2.95	0.00	0.00	0.00	2.95
CC1E	Channel Business Centres Limited	0.61	4,194.75	25.78	0.00	0.00	0.00	25.78
CC1H	CBRE Collective Investors (Thames)	0.61	5,355.28	32.91	0.00	0.00	0.00	32.91
CC1I	Ann Cochlin	0.61	2,700.00	16.59	0.00	0.00	0.00	16.59
CC1K	Cussins And Light (1994) Ltd	0.62	822.50	5.06	0.00	0.00	0.00	5.06
CC1O	CF Capital Plc	0.61	3,002.00	18.45	0.00	0.00	0.00	18.45
CD0H	Drexel & Drexel Ltd	0.61	9,000.00	55.32	0.00	0.00	0.00	55.32
CD0L	Donnington Investments (Nottingham)	0.61	15,599.92	95.88	0.00	0.00	0.00	95.88
CE07	Education Development International P	0.61	2,930.83	18.01	0.00	0.00	0.00	18.01
CE08	Ellion Ltd	0.61	2,365.67	14.54	0.00	0.00	0.00	14.54
CE0A	Edf Energy	0.61	1,405.97	8.64	0.00	0.00	0.00	8.64
CE0B	E-On Energy Ltd	0.61	11,577.81	71.16	0.00	0.00	0.00	71.16
CE0L	Ms Kate Edgar	0.61	126.00	0.77	0.00	0.00	0.00	0.77
CF01	Foundry Mountain Activities Ltd	0.61	6,873.76	42.25	0.00	0.00	0.00	42.25
CF03	Fcs Cleaning Limited	0.62	765.75	4.71	0.00	0.00	0.00	4.71

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Instant Muscle Limited

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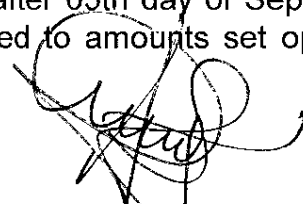


Henry Anthony Shinnars
Joint Liquidator
05 Sep 2019

Key	Name of claimant	Rate p in £	Amount of Proof	Dividend Payable	Rate	Amount of Interest	Interest Payable	Total
CF05	Fernleigh Consulting Limited	0.61	2,310.00	14.20	0.00	0.00	0.00	14.20
CG00	Gem Vending Limited	0.62	557.43	3.43	0.00	0.00	0.00	3.43
CG04	Grainger West Ltd	0.61	2,996.61	18.42	0.00	0.00	0.00	18.42
CG0F	R W German	0.61	475.00	2.92	0.00	0.00	0.00	2.92
CG0H	Greenwich Council	0.61	240.84	1.48	0.00	0.00	0.00	1.48
CH0D	Haven Mobility	0.62	293.75	1.81	0.00	0.00	0.00	1.81
CH0E	Dockthorne Limited	0.61	13,513.60	83.06	0.00	0.00	0.00	83.06
CH0H	Harlow College	0.61	4,969.50	30.54	0.00	0.00	0.00	30.54
CH0I	High Shine Window Cleaning Limited	0.60	23.50	0.14	0.00	0.00	0.00	0.14
CH0J	H M Revenue & Customs	0.61	226,307.88	1,390.92	0.00	0.00	0.00	1,390.92
CH0K	H M Revenue & Customs	0.61	162,677.00	999.83	0.00	0.00	0.00	999.83
CI09	Itica Limited	0.61	998.75	6.14	0.00	0.00	0.00	6.14
CI0B	ING Lease (UK) Limited	0.61	450.51	2.77	0.00	0.00	0.00	2.77
CI0C	Imperial London Hotels Ltd	0.61	748.00	4.60	0.00	0.00	0.00	4.60
CJ03	Jhp Group Limited	0.61	17,254.16	106.05	0.00	0.00	0.00	106.05
CJ08	James McCartney Architects Pension Sc	0.61	28,750.00	176.70	0.00	0.00	0.00	176.70
CJ09	Jp Services (Thanet) Ltd	0.62	315.40	1.94	0.00	0.00	0.00	1.94
CK00	Kingston Communications	0.62	47.00	0.29	0.00	0.00	0.00	0.29
CK03	Kingston Smith LLP	0.61	1,464.04	9.00	0.00	0.00	0.00	9.00
CL06	Leicester City Council	0.61	462.44	2.84	0.00	0.00	0.00	2.84
CL07	Lyreco UK Ltd	0.61	12,603.69	77.46	0.00	0.00	0.00	77.46
CL0C	LL Promotions Limited	0.62	22.54	0.14	0.00	0.00	0.00	0.14
CL0I	Learning Works For Children Limited	0.61	1,044.00	6.42	0.00	0.00	0.00	6.42
CL0K	Learning and Skills Council	0.61	49,233.75	302.60	0.00	0.00	0.00	302.60
CL0P	Leicester Mercury Group	0.61	1,142.11	7.02	0.00	0.00	0.00	7.02
CL0Q	Latham Properties Limited	0.61	4,477.80	27.52	0.00	0.00	0.00	27.52
CLOV	Ludlow & Co	0.61	826.26	5.08	0.00	0.00	0.00	5.08
CLOY	Trillium (Prime) Ltd	0.61	10,847.50	66.67	0.00	0.00	0.00	66.67
CM06	Mainport Training (Wales) Limited	0.61	3,225.38	19.82	0.00	0.00	0.00	19.82
CM09	Mkh Advertising Ltd	0.61	4,077.08	25.06	0.00	0.00	0.00	25.06
CM0B	Michael Carter	0.61	8,000.00	49.17	0.00	0.00	0.00	49.17
CM0C	Mastcraft Limited	0.61	148,306.54	911.51	0.00	0.00	0.00	911.51
CM0X	MSH Estates LLP	0.61	9,352.91	51.34	0.00	0.00	0.00	51.34
CN06	Nottingham City Council	0.61	167.75	1.03	0.00	0.00	0.00	1.03
CN0N	NPower Ltd	0.61	115.73	0.71	0.00	0.00	0.00	0.71
CO00	OCR	0.62	190.20	1.17	0.00	0.00	0.00	1.17
CO03	Opus Energy Ltd	0.61	68.79	0.42	0.00	0.00	0.00	0.42
CP01	Phoenix Software Ltd	0.61	2,357.05	14.49	0.00	0.00	0.00	14.49
CP08	PJR Motors Limited	0.61	397.63	2.44	0.00	0.00	0.00	2.44
CP0B	PLCM Training Uk Limited	0.61	280.00	1.72	0.00	0.00	0.00	1.72

List of Dividends Or Composition
Instant Muscle Limited

I HEREBY CERTIFY that a Dividend was declared payable on and after 05th day of September 2019 and that creditors whose names are set forth below are entitled to amounts set opposite their respective names.



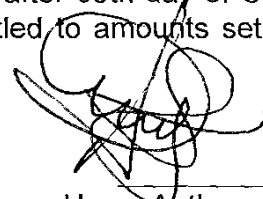
Henry Anthony Shinner
Joint Liquidator
05 Sep 2019

Key	Name of claimant	Rate p in £	Amount of Proof	Dividend Payable	Rate	Amount of Interest	Interest Payable	Total
CP0J	Parklands Properties Limited	0.61	39,371.64	241.99	0.00	0.00	0.00	241.99
CP0M	Pacemanor Limited	0.61	13,390.37	82.30	0.00	0.00	0.00	82.30
CP0N	Principal Leasehold Properties Ltd	0.61	32,588.96	200.30	0.00	0.00	0.00	200.30
CP0P	PKF (UK) LLP	0.61	2,350.00	14.44	0.00	0.00	0.00	14.44
CP0S	Pro-Plumb Gas Limited	0.62	111.63	0.69	0.00	0.00	0.00	0.69
CR02	Russell-Cooke LLP	0.61	1,353.53	8.32	0.00	0.00	0.00	8.32
CR06	Rhondda Cynon Taf County Borough C	0.62	236.83	1.46	0.00	0.00	0.00	1.46
CR0C	Regus UK Ltd	0.61	1,579.23	9.71	0.00	0.00	0.00	9.71
CR0D	Reed Personnel Services Plc	0.61	2,567.47	15.78	0.00	0.00	0.00	15.78
CR0E	RJ Elliot Electrical	0.61	125.73	0.77	0.00	0.00	0.00	0.77
CR0H	Redactive Media Sales Ltd	0.61	1,991.63	12.24	0.00	0.00	0.00	12.24
CR0I	RHS And MA Sedman	0.61	8,326.25	51.17	0.00	0.00	0.00	51.17
CS03	Smaller Business Advisory Services	0.61	7,991.94	49.12	0.00	0.00	0.00	49.12
CS05	Severn Trent Water Ltd	0.61	1,964.17	12.07	0.00	0.00	0.00	12.07
CS06	Southern Water Services Ltd	0.62	234.04	1.44	0.00	0.00	0.00	1.44
CS07	Supercups Vending Ltd	0.61	390.69	2.40	0.00	0.00	0.00	2.40
CS08	Sita Uk Limited	0.62	385.05	2.37	0.00	0.00	0.00	2.37
CS0C	Confidential Shredding Services Ltd t/a	0.61	463.42	2.85	0.00	0.00	0.00	2.85
CS0G	Scottish & Southern Energy Plc	0.61	1,255.08	7.71	0.00	0.00	0.00	7.71
CS0J	South East Water Ltd	0.61	1,193.18	7.33	0.00	0.00	0.00	7.33
CS0M	Home Group Limited	0.61	3,522.00	21.65	0.00	0.00	0.00	21.65
CS0N	Stanger Kirkwood Ltd	0.61	4,890.94	30.06	0.00	0.00	0.00	30.06
CS0S	Selection Services Plc	0.61	80,165.42	492.71	0.00	0.00	0.00	492.71
CS0U	St Marys Chequerfield Community Proj	0.61	3,300.00	20.28	0.00	0.00	0.00	20.28
CS0V	Siemens Financial Services Limited	0.61	103,943.62	638.86	0.00	0.00	0.00	638.86
CS0Y	National Insurance Fund	0.61	406,730.96	2,499.84	0.00	0.00	0.00	2,499.84
CT02	Thames Water Utilities Limited	0.61	224.59	1.38	0.00	0.00	0.00	1.38
CT0J	Trinity Mirror Southern Ltd	0.61	1,045.66	6.43	0.00	0.00	0.00	6.43
CT0L	Thunder Road Motorcycles Ltd	0.61	19,393.75	119.20	0.00	0.00	0.00	119.20
CU00	Uniworld Communications Ltd	0.61	1,113.48	6.84	0.00	0.00	0.00	6.84
CU02	Ultimate Incentive Limited	0.61	1,199.64	7.37	0.00	0.00	0.00	7.37
CU03	Urban Lynx Limited	0.61	48,250.00	296.55	0.00	0.00	0.00	296.55
CU04	Urban Futures London Limited	0.61	34,236.05	210.42	0.00	0.00	0.00	210.42
CU06	UK Commercial Properties Limited	0.61	1,793.48	11.02	0.00	0.00	0.00	11.02
CV07	Victoria Properties (Derby) Limited	0.61	1,024.94	6.30	0.00	0.00	0.00	6.30
CW01	Welsh Water	0.62	468.22	2.88	0.00	0.00	0.00	2.88
CW06	Wheatcroft Sims Associates Limited	0.61	7,637.50	46.94	0.00	0.00	0.00	46.94
CW07	Water For Work & Home Ltd	0.61	255.57	1.57	0.00	0.00	0.00	1.57
CW09	Waltham Forest College	0.61	786.00	4.83	0.00	0.00	0.00	4.83
CX00	XL Networks Ltd	0.61	72,304.24	444.40	0.00	0.00	0.00	444.40

Company Number 1789716

List of Dividends Or Composition
Instant Muscle Limited

I HEREBY CERTIFY that a Dividend was declared payable on and after 05th day of September 2019 and that creditors whose names are set forth below are entitled to amounts set opposite their respective names.

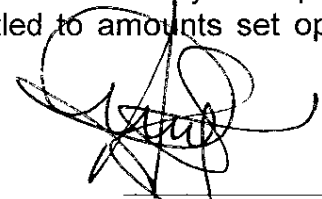


Henry Anthony Shinnors
Joint Liquidator
05 Sep 2019

Key	Name of claimant	Rate p in £	Amount of Proof	Dividend Payable	Rate	Amount of Interest	Interest Payable	Total
CY01	YWCA	0.61	15,822.88	97.25	0.00	0.00	0.00	97.25
EA02	Haile Abraha	0.62	73.02	0.45	0.00	0.00	0.00	0.45
EA03	Afshaan Amin	0.61	115.50	0.71	0.00	0.00	0.00	0.71
EA04	Simran Asia	0.61	478.19	2.94	0.00	0.00	0.00	2.94
EA05	Marc Allen	0.62	164.15	1.01	0.00	0.00	0.00	1.01
EB01	Lawrence Burleigh	0.61	186.18	1.14	0.00	0.00	0.00	1.14
EB04	Roy-David Beer	0.61	91.81	0.56	0.00	0.00	0.00	0.56
EB05	Emma-Louise Burton	0.61	91.81	0.56	0.00	0.00	0.00	0.56
EB06	Paul-Alexander Bona	0.62	55.16	0.34	0.00	0.00	0.00	0.34
EB07	Janine Boyle	0.62	155.51	0.96	0.00	0.00	0.00	0.96
EB08	Matthew Blake	0.62	22.55	0.14	0.00	0.00	0.00	0.14
EB09	Tina Burnett	0.62	22.55	0.14	0.00	0.00	0.00	0.14
EB0D	Nicola Bedford	0.61	154.58	0.95	0.00	0.00	0.00	0.95
EB0E	Angela Bevan	0.61	91.81	0.56	0.00	0.00	0.00	0.56
EB0F	Sarah Barrow	0.61	2,389.07	14.68	0.00	0.00	0.00	14.68
EB0H	Amy Barnett	0.61	131.92	0.81	0.00	0.00	0.00	0.81
EC01	Samantha Crane	0.63	7.96	0.05	0.00	0.00	0.00	0.05
EC03	Hayley Couzens	0.62	55.16	0.34	0.00	0.00	0.00	0.34
EC04	Laurence-Stuart Chandler	0.62	22.55	0.14	0.00	0.00	0.00	0.14
EC05	Gail Clarke	0.62	225.36	1.39	0.00	0.00	0.00	1.39
EC09	Jade Copson	0.62	22.55	0.14	0.00	0.00	0.00	0.14
EC0A	Michael Comerford	0.61	204.12	1.25	0.00	0.00	0.00	1.25
EC0E	Julia Cook	0.61	2,224.56	13.67	0.00	0.00	0.00	13.67
ED00	Carol-Ann Devereux	0.61	512.37	3.15	0.00	0.00	0.00	3.15
ED01	Susan Dawe	0.60	16.56	0.10	0.00	0.00	0.00	0.10
ED02	Sonia Devenport	0.62	73.02	0.45	0.00	0.00	0.00	0.45
ED04	Melanie Dabell	0.62	22.55	0.14	0.00	0.00	0.00	0.14
ED05	Margaret-Angela Denton	0.61	951.91	5.85	0.00	0.00	0.00	5.85
ED07	Kiza Deen	0.61	91.81	0.56	0.00	0.00	0.00	0.56
EE00	Michael-Rhys Edwards	0.61	981.60	6.03	0.00	0.00	0.00	6.03
EE01	Ann-Marie Evans	0.61	2,172.19	13.35	0.00	0.00	0.00	13.35
EE02	Richard Edge	0.62	350.68	2.16	0.00	0.00	0.00	2.16
EE04	Colin Williams Evans	0.61	1,751.51	10.77	0.00	0.00	0.00	10.77
EF01	Adam Farrington	0.61	91.81	0.56	0.00	0.00	0.00	0.56
EF02	Andrew Follows	0.62	51.72	0.32	0.00	0.00	0.00	0.32
EF03	Olufunmilayo Fakoya	0.61	1,200.45	7.38	0.00	0.00	0.00	7.38
EF04	Kay Francis	0.61	91.81	0.56	0.00	0.00	0.00	0.56
EG00	Naomi Goode	0.61	91.81	0.56	0.00	0.00	0.00	0.56
EG01	Natalie-Elizabeth Gibbons	0.67	9.00	0.06	0.00	0.00	0.00	0.06
EG02	Ian Griffiths	0.62	55.16	0.34	0.00	0.00	0.00	0.34

List of Dividends Or Composition
Instant Muscle Limited

I HEREBY CERTIFY that a Dividend was declared payable on and after 05th day of September 2019 and that creditors whose names are set forth below are entitled to amounts set opposite their respective names.



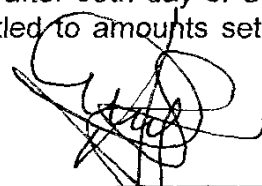
Henry Anthony Shinnars
Joint Liquidator
05 Sep 2019

Key	Name of claimant	Rate p in £	Amount of Proof	Dividend Payable	Rate	Amount of Interest	Interest Payable	Total
EG03	Tony Garrett	0.61	6,587.85	40.49	0.00	0.00	0.00	40.49
EG08	Winnie Gonzaga	0.61	386.01	2.37	0.00	0.00	0.00	2.37
EG09	Vennette Geddes	0.61	186.18	1.14	0.00	0.00	0.00	1.14
EH01	Garon Hawkes	0.61	1,019.60	6.27	0.00	0.00	0.00	6.27
EH02	Laura Hoare	0.61	978.09	6.01	0.00	0.00	0.00	6.01
EH03	Peter Hubert	0.62	175.00	1.08	0.00	0.00	0.00	1.08
EH05	Pauline Harris	0.62	225.36	1.39	0.00	0.00	0.00	1.39
EH06	Peter Horton	0.61	494.52	3.04	0.00	0.00	0.00	3.04
EH07	Rhys Harrington	0.62	375.16	2.31	0.00	0.00	0.00	2.31
EH08	Ali-Md Hasan	0.63	27.15	0.17	0.00	0.00	0.00	0.17
EH09	Clare Hodder-Williams	0.61	1,663.55	10.22	0.00	0.00	0.00	10.22
EH0C	Nasar Hussain	0.61	154.63	0.95	0.00	0.00	0.00	0.95
EH0G	Martin Hunte	0.62	82.32	0.51	0.00	0.00	0.00	0.51
EI00	Tope Imevbore	0.61	16,910.56	103.94	0.00	0.00	0.00	103.94
EJ01	Susan Jones	0.62	271.25	1.67	0.00	0.00	0.00	1.67
EJ03	Diane Jones	0.62	177.23	1.09	0.00	0.00	0.00	1.09
EJ05	Pamela Jones	0.62	22.55	0.14	0.00	0.00	0.00	0.14
EJ06	Stanislawa-Bozena Jerwanski	0.61	146.54	0.90	0.00	0.00	0.00	0.90
EJ08	Debra-Mary Jackson	0.62	609.74	3.75	0.00	0.00	0.00	3.75
EJ09	Adam Johnson	0.62	55.16	0.34	0.00	0.00	0.00	0.34
EJ0A	Richard Rees James	0.61	85.40	0.52	0.00	0.00	0.00	0.52
EJ0B	Mary Esther Johnson	0.62	175.00	1.08	0.00	0.00	0.00	1.08
EK01	Nina Kemp	0.61	18.04	0.11	0.00	0.00	0.00	0.11
EK02	Terry-Alexander Kelly	0.61	4,660.83	28.65	0.00	0.00	0.00	28.65
EK04	Sarah Louise Knight	0.61	3,356.71	20.63	0.00	0.00	0.00	20.63
EK06	Claire Kingsbury	0.62	22.55	0.14	0.00	0.00	0.00	0.14
EK07	Maria Kiwanuka	0.62	220.68	1.36	0.00	0.00	0.00	1.36
EL04	Sharon Lally-Edson	0.62	51.30	0.32	0.00	0.00	0.00	0.32
EL05	Agnes La Plume	0.61	392.74	2.41	0.00	0.00	0.00	2.41
EL06	Michael Leuner	0.61	542.61	3.33	0.00	0.00	0.00	3.33
EM00	Maria-Ann Monks	0.61	131.92	0.81	0.00	0.00	0.00	0.81
EM01	Shrah Magure	0.62	22.55	0.14	0.00	0.00	0.00	0.14
EM02	Meriel Metcalf	0.61	1,125.94	6.92	0.00	0.00	0.00	6.92
EM03	Reda Masioniene	0.62	82.32	0.51	0.00	0.00	0.00	0.51
EM05	Julie McCarvil	0.63	38.30	0.24	0.00	0.00	0.00	0.24
EM07	Richard Murray	0.62	55.16	0.34	0.00	0.00	0.00	0.34
EM09	Susan Moss	0.61	91.81	0.56	0.00	0.00	0.00	0.56
EM0B	Thomas Edward Moore	0.62	175.00	1.08	0.00	0.00	0.00	1.08
EM0C	Michael Madden	0.62	220.68	1.36	0.00	0.00	0.00	1.36
EM0D	Hayley Morgan	0.62	996.70	6.13	0.00	0.00	0.00	6.13

Company Number 1789716

List of Dividends Or Composition
Instant Muscle Limited

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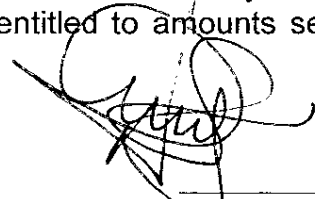


Henry Anthony Shinnors
Joint Liquidator
05 Sep 2019

Key	Name of claimant	Rate p in £	Amount of Proof	Dividend Payable	Rate	Amount of Interest	Interest Payable	Total
EM0E	Andre Samuel James McPherson	0.62	55.16	0.34	0.00	0.00	0.00	0.34
EM0F	Norman-Peter Antonio Morrison	0.62	121.61	0.75	0.00	0.00	0.00	0.75
EM0G	Ivan McDougall	0.61	665.46	4.09	0.00	0.00	0.00	4.09
EN00	Peck Norman	0.60	31.67	0.19	0.00	0.00	0.00	0.19
EN02	Shirley Narh	0.62	163.96	1.01	0.00	0.00	0.00	1.01
EO01	Ricky O'Hara	0.61	231.66	1.42	0.00	0.00	0.00	1.42
EO02	Bobby-Joseph Oliver	0.62	82.32	0.51	0.00	0.00	0.00	0.51
EO03	John Osborne	0.61	91.81	0.56	0.00	0.00	0.00	0.56
EO04	Taiwo Olusanjo	0.61	88.27	0.54	0.00	0.00	0.00	0.54
EP00	Jacqueline Passmore	0.62	82.32	0.51	0.00	0.00	0.00	0.51
EP03	Kenneth-Andrew Pilcher	0.62	22.55	0.14	0.00	0.00	0.00	0.14
EP04	Bridget Pattenden	0.61	40.80	0.25	0.00	0.00	0.00	0.25
EP06	Simon Pateman	0.62	22.55	0.14	0.00	0.00	0.00	0.14
EP07	Marion Phillip	0.61	1,307.26	8.03	0.00	0.00	0.00	8.03
EP08	Sarah Jane Pope	0.61	91.81	0.56	0.00	0.00	0.00	0.56
EP09	Daniel Peter Potheary	0.61	131.92	0.81	0.00	0.00	0.00	0.81
EP0B	Lesley-Ayesha Powell	0.62	175.00	1.08	0.00	0.00	0.00	1.08
EP0D	Alan-Keith Pritchard	0.62	308.42	1.90	0.00	0.00	0.00	1.90
ER01	Janet Richards	0.62	1,051.92	6.47	0.00	0.00	0.00	6.47
ER02	Christopher Robins	0.61	1,410.46	8.67	0.00	0.00	0.00	8.67
ER03	Kenny Ross	0.61	18.04	0.11	0.00	0.00	0.00	0.11
ER04	Lourdes Requena	0.61	513.08	3.15	0.00	0.00	0.00	3.15
ER06	Peter Rose	0.61	2,945.36	18.10	0.00	0.00	0.00	18.10
ER07	Debra-Ann Richardson	0.62	308.42	1.90	0.00	0.00	0.00	1.90
ER08	Valire Reid	0.61	153.12	0.94	0.00	0.00	0.00	0.94
ER09	Yasmin Rajput	0.61	473.51	2.91	0.00	0.00	0.00	2.91
ES00	Steve Shelly	0.61	859.14	5.28	0.00	0.00	0.00	5.28
ES04	Emma Shortland	0.61	834.82	5.13	0.00	0.00	0.00	5.13
ES06	Sharon Sale	0.61	2,328.41	14.31	0.00	0.00	0.00	14.31
ES0D	Daniel Slater	0.62	22.55	0.14	0.00	0.00	0.00	0.14
ES0E	Maggie-Ann Shelton	0.62	383.40	2.36	0.00	0.00	0.00	2.36
ES0F	Vikki Singh	0.62	22.55	0.14	0.00	0.00	0.00	0.14
ES0G	Christine-Mary Snowden	0.61	91.81	0.56	0.00	0.00	0.00	0.56
ES0H	Benjamin Steward	0.68	7.34	0.05	0.00	0.00	0.00	0.05
ES0I	Anne Simpson	0.62	55.16	0.34	0.00	0.00	0.00	0.34
ES0J	Samantha Jane Alice Stokley	0.62	55.16	0.34	0.00	0.00	0.00	0.34
ES0K	Helen Mary Stoker	0.61	91.81	0.56	0.00	0.00	0.00	0.56
ES0L	David Smythe	0.61	529.43	3.25	0.00	0.00	0.00	3.25
ES0M	David Speakman	0.62	121.61	0.75	0.00	0.00	0.00	0.75
ES0N	Irene Sullivan	0.61	579.79	3.56	0.00	0.00	0.00	3.56

List of Dividends Or Composition
Instant Muscle Limited

I HEREBY CERTIFY that a Dividend was declared payable on and after 05th day of September 2019 and that creditors whose names are set forth below are entitled to amounts set opposite their respective names.



Henry Anthony Shinnars
Joint Liquidator
05 Sep 2019

Key	Name of claimant	Rate p in £	Amount of Proof	Dividend Payable	Rate	Amount of Interest	Interest Payable	Total
ES00	Alan-Leonard Spencer	0.61	131.92	0.81	0.00	0.00	0.00	0.81
ET00	Clifford Thompson	0.62	175.00	1.08	0.00	0.00	0.00	1.08
ET01	Jane Taylor	0.61	1,432.63	8.81	0.00	0.00	0.00	8.81
ET02	Paul Traxler	0.61	197.54	1.21	0.00	0.00	0.00	1.21
ET06	Pipind Toor	0.61	91.81	0.56	0.00	0.00	0.00	0.56
ET07	Andrew Tresadern	0.62	22.55	0.14	0.00	0.00	0.00	0.14
ET09	Richard-Raymond Thomas	0.61	1,769.09	10.87	0.00	0.00	0.00	10.87
ET0A	Paul Taylor	0.61	878.27	5.40	0.00	0.00	0.00	5.40
EW00	Anthony Michael Walker	0.61	131.92	0.81	0.00	0.00	0.00	0.81
EW01	Janet Webster	0.61	725.36	4.46	0.00	0.00	0.00	4.46
EW02	Clive Williams	0.61	1,376.66	8.46	0.00	0.00	0.00	8.46
EW03	Robert-Lewis Withey	0.61	297.65	1.83	0.00	0.00	0.00	1.83
EW05	Kate Samantha Whittaker	0.62	225.36	1.39	0.00	0.00	0.00	1.39
EW06	Leigh-George Whipps	0.61	1,465.45	9.01	0.00	0.00	0.00	9.01
EW07	Bernie Wright	0.62	22.55	0.14	0.00	0.00	0.00	0.14
EW08	Mark-William Wright	0.61	925.95	5.69	0.00	0.00	0.00	5.69
EW09	John-Michael Webb	0.61	2,470.90	15.19	0.00	0.00	0.00	15.19
EW0B	Teresa Webster	0.62	22.55	0.14	0.00	0.00	0.00	0.14
EW0C	Anne Whitfield	0.61	131.92	0.81	0.00	0.00	0.00	0.81
EW0D	Michael Webster	0.62	250.38	1.54	0.00	0.00	0.00	1.54
EW0F	Anna Williams	0.62	22.55	0.14	0.00	0.00	0.00	0.14
EW0G	Stephen Paul Waller	0.61	231.16	1.42	0.00	0.00	0.00	1.42
EW0H	Clive Ward	0.61	280.52	1.72	0.00	0.00	0.00	1.72
EW0I	Alan-Lawrence Wright	0.62	82.32	0.51	0.00	0.00	0.00	0.51
EY00	Catherine-Elizabeth Young	0.61	854.12	5.25	0.00	0.00	0.00	5.25
Dividend Totals			2,053,158.17	12,619.11		0.00	0.00	12,619.11
Creditor Totals Including Accruals			2,053,158.17	0.00				

Note: Dividend Rate calculated to 9 decimal places but rounded to 2 decimal places for listing

* Denotes different payee name from claimant

@ Denotes employee/RPO subrogation

~ Denotes Associated Creditor/Excluded Debt

Ckey	Name	Final Dividend Check	Net Dividend	NI
CA02	Abbey Business Equipment Ltd	£158.88	£158.88	
CA06	Archant Regional	£8.87	£8.87	
CA0K	Alternative Direct Marketing Limited	£27.10	£27.10	
CA0W	Albionhill Property Development	£120.63	£120.63	
CB01	Biffa Waste Services Ltd	£0.72	£0.72	
CB0C	British Gas Business	£3.41	£3.41	
CB0L	Balanced People Ltd	£186.09	£186.09	
CB0O	Bon Marche Centre Ltd	£87.92	£87.92	
CB0P	Berryman	£38.98	£38.98	
CB0Q	Blockbuster Entertainment Limited	£76.82	£76.82	
CB0R	Bernard Wood	£3.07	£3.07	
CB0U	Wendy Baker	£1.27	£1.27	
CB0X	British Telecom Business	£136.39	£136.39	
CC03	Chubb Fire Limited	£8.48	£8.48	
CC06	Countrywise Spring Water	£0.24	£0.24	
CC07	OCS Group UK Ltd t/a Cannon	£0.93	£0.93	
CC0F	Commonwork Land Trust	£3.51	£3.51	
CC0G	Caroline Milne & Co Limited	£2.96	£2.96	
CC0H	CLG (Great Britain) Limited (in	£152.29	£152.29	
CC0I	Care Training East Midlands Ltd	£382.60	£382.60	
CC0J	Capita Resourcing Limited	£33.22	£33.22	
CC0N	Castell Howell Foods Limited	£5.96	£5.96	
CC0R	Chris Raven	£68.18	£68.18	
CC1A	Chapmans Removals	£6.86	£6.86	
CC1B	Chamberlain Beaumont London Limited	£21.67	£21.67	
CC1C	Neath Port Talbot County Borough	£2.95	£2.95	
CC1E	Channel Business Centres Limited	£25.78	£25.78	
CC1H	CBRE Collective Investors (Thames)	£32.91	£32.91	
CC1I	Ann Cochlin	£16.59	£16.59	
CC1K	Cussins And Light (1994) Ltd	£5.06	£5.06	
CC1O	CF Capital Plc	£18.45	£18.45	
CD0H	Drexel & Drexel Ltd	£55.32	£55.32	
CD0L	Donnington Investments (Nottingham) Ltd	£95.88	£95.88	
CE07	Education Development International Plc	£18.01	£18.01	
CE08	Ellion Ltd	£14.54	£14.54	
CE0A	Edf Energy	£8.64	£8.64	
CE0B	E-On Energy Ltd	£71.16	£71.16	
CE0L	Ms Kate Edgar	£0.77	£0.77	
CF01	Foundry Mountain Activities Ltd	£42.25	£42.25	
CF03	Fcs Cleaning Limited	£4.71	£4.71	
CF05	Fernleigh Consulting Limited	£14.20	£14.20	
CG00	Gem Vending Limited	£3.43	£3.43	
CG04	Grainger West Ltd	£18.42	£18.42	
CG0F	R W German	£2.92	£2.92	
CG0H	Greenwich Council	£1.48	£1.48	
CH0D	Haven Mobility	£1.81	£1.81	
CH0E	Dockthorne Limited	£83.06	£83.06	
CH0H	Harlow College	£30.54	£30.54	
CH0I	High Shine Window Cleaning Limited	£0.14	£0.14	
CH0J	H M Revenue & Customs	£1,390.92	£1,390.92	
CH0K	H M Revenue & Customs	£999.83	£999.83	

CI09	Itica Limited	£6.14	£6.14	
CI0B	ING Lease (UK) Limited	£2.77	£2.77	
CI0C	Imperial London Hotels Ltd	£4.60	£4.60	
CJ03	Jhp Group Limited	£106.05	£106.05	
CJ08	James McCartney Architects Pension	£176.70	£176.70	
CJ09	Jp Services (Thanet) Ltd	£1.94	£1.94	
CK00	Kingston Communications	£0.29	£0.29	
CK03	Kingston Smith LLP	£9.00	£9.00	
CL06	Leicester City Council	£2.84	£2.84	
CL07	Lyreco UK Ltd	£77.46	£77.46	
CL0C	LL Promotions Limited	£0.14	£0.14	
CL0I	Learning Works For Children Limited	£6.42	£6.42	
CL0K	Learning and Skills Council	£302.60	£302.60	
CL0P	Leicester Mercury Group	£7.02	£7.02	
CL0Q	Latham Properties Limited	£27.52	£27.52	
CL0V	Ludlow & Co	£5.08	£5.08	
CL0Y	Trillium (Prime) Ltd	£66.67	£66.67	
CM06	Mainport Training (Wales) Limited	£19.82	£19.82	
CM09	Mkh Advertising Ltd	£25.06	£25.06	
CM0B	Michael Carter	£49.17	£49.17	
CM0C	Mastcraft Limited	£911.51	£911.51	
CM0X	MSH Estates LLP	£51.34	£51.34	
CN06	Nottingham City Council	£1.03	£1.03	
CN0N	NPower Ltd	£0.71	£0.71	
CO00	OCR	£1.17	£1.17	
CO03	Opus Energy Ltd	£0.42	£0.42	
CP01	Phoenix Software Ltd	£14.49	£14.49	
CP08	PJR Motors Limited	£2.44	£2.44	
CP0B	PLCM Training Uk Limited	£1.72	£1.72	
CP0J	Parklands Properties Limited	£241.99	£241.99	
CP0M	Pacemanor Limited	£82.30	£82.30	
CP0N	Principal Leasehold Properties Ltd	£200.30	£200.30	
CP0P	PKF (UK) LLP	£14.44	£14.44	
CP0S	Pro-Plumb Gas Limited	£0.69	£0.69	
CR02	Russell-Cooke LLP	£8.32	£8.32	
CR06	Rhondda Cynon Taf County Borough	£1.46	£1.46	
CR0C	Regus UK Ltd	£9.71	£9.71	
CR0D	Reed Personnel Services Plc	£15.78	£15.78	
CR0E	RJ Elliot Electrical	£0.77	£0.77	
CR0H	Redactive Media Sales Ltd	£12.24	£12.24	
CR0I	RHS And MA Sedman	£51.17	£51.17	
CS03	Smaller Business Advisory Services	£49.12	£49.12	
CS05	Severn Trent Water Ltd	£12.07	£12.07	
CS06	Southern Water Services Ltd	£1.44	£1.44	
CS07	Supercups Vending Ltd	£2.40	£2.40	
CS08	Sita Uk Limited	£2.37	£2.37	
CS0C	Confidential Shredding Services Ltd t/a	£2.85	£2.85	
CS0G	Scottish & Southern Energy Plc	£7.71	£7.71	
CS0J	South East Water Ltd	£7.33	£7.33	
CS0M	Home Group Limited	£21.65	£21.65	
CS0N	Stanger Kirkwood Ltd	£30.06	£30.06	
CS0S	Selection Services Plc	£492.71	£492.71	
CS0U	St Marys Chequerfield Community Project	£20.28	£20.28	

CS0V	Siemens Financial Services Limited	£638.86	£638.86	
CS0Y	National Insurance Fund	£2,499.84	£2,499.84	
CT02	Thames Water Utilities Limited	£1.38	£1.38	
CT0J	Trinity Mirror Southern Ltd	£6.43	£6.43	
CT0L	Thunder Road Motorcycles Ltd	£119.20	£119.20	
CU00	Uniworld Communications Ltd	£6.84	£6.84	
CU02	Ultimate Incentive Limited	£7.37	£7.37	
CU03	Urban Lynx Limited	£296.55	£296.55	
CU04	Urban Futures London Limited	£210.42	£210.42	
CU06	UK Commercial Properties Limited	£11.02	£11.02	
CV07	Victoria Properties (Derby) Limited	£6.30	£6.30	
CW01	Welsh Water	£2.88	£2.88	
CW06	Wheatcroft Sims Associates Limited	£46.94	£46.94	
CW07	Water For Work & Home Ltd	£1.57	£1.57	
CW09	Waltham Forest College	£4.83	£4.83	
CX00	XL Networks Ltd	£444.40	£444.40	
CY01	YWCA	£97.25	£97.25	
EA02	Haile Abraha	£0.45	£0.45	£0.00
EA03	Afshaan Amin	£0.71	£0.71	£0.00
EA04	Simran Asia	£2.94	£2.54	£0.40
EA05	Marc Allen	£1.01	£0.81	£0.20
EB01	Lawrence Burleigh	£1.14	£0.94	£0.20
EB04	Roy-David Beer	£0.56	£0.56	£0.00
EB05	Emma-Louise Burton	£0.56	£0.56	£0.00
EB06	Paul-Alexander Bona	£0.34	£0.34	£0.00
EB07	Janine Boyle	£0.96	£0.96	£0.00
EB08	Matthew Blake	£0.14	£0.14	£0.00
EB09	Tina Burnett	£0.14	£0.14	£0.00
EB0D	Nicola Bedford	£0.95	£0.95	£0.00
EB0E	Angela Bevan	£0.56	£0.56	£0.00
EB0F	Sarah Barrow	£14.68	£13.68	£1.00
EB0H	Amy Barnett	£0.81	£0.81	£0.00
EC01	Samantha Crane	£0.05	£0.05	£0.00
EC03	Hayley Couzens	£0.34	£0.34	£0.00
EC04	Laurence-Stuart Chandler	£0.14	£0.14	£0.00
EC05	Gail Clarke	£1.39	£1.19	£0.20
EC09	Jade Copson	£0.14	£0.14	£0.00
EC0A	Michael Comerford	£1.25	£1.05	£0.20
EC0E	Julia Cook	£13.67	£12.87	£0.80
ED00	Carol-Ann Devereux	£3.15	£2.55	£0.60
ED01	Susan Dawe	£0.10	£0.10	£0.00
ED02	Sonia Devenport	£0.45	£0.45	£0.00
ED04	Melanie Dabell	£0.14	£0.14	£0.00
ED05	Margaret-Angela Denton	£5.85	£4.85	£1.00
ED07	Kiza Deen	£0.56	£0.56	£0.00
EE00	Michael-Rhys Edwards	£6.03	£4.83	£1.20
EE01	Ann-Marie Evans	£13.35	£10.75	£2.60
EE02	Richard Edge	£2.16	£1.96	£0.20
EE04	Colin Williams Evans	£10.77	£8.77	£2.00
EF01	Adam Farrington	£0.56	£0.56	£0.00
EF02	Andrew Follows	£0.32	£0.32	£0.00
EF03	Olufunmilayo Fakoya	£7.38	£5.98	£1.40
EF04	Kay Francis	£0.56	£0.56	£0.00

EG00	Naomi Goode	£0.56	£0.56	£0.00
EG01	Natalie-Elizabeth Gibbons	£0.06	£0.06	£0.00
EG02	Ian Griffiths	£0.34	£0.34	£0.00
EG03	Tony Garrett	£40.49	£35.69	£4.80
EG08	Winnie Gonzaga	£2.37	£1.97	£0.40
EG09	Vennette Geddes	£1.14	£0.94	£0.20
EH01	Garon Hawkes	£6.27	£5.67	£0.60
EH02	Laura Hoare	£6.01	£6.01	£0.00
EH03	Peter Hubert	£1.08	£0.88	£0.20
EH05	Pauline Harris	£1.39	£1.19	£0.20
EH06	Peter Horton	£3.04	£2.44	£0.60
EH07	Rhys Harrington	£2.31	£1.91	£0.40
EH08	Ali-Md Hasan	£0.17	£0.17	£0.00
EH09	Clare Hodder-Williams	£10.22	£8.62	£1.60
EH0C	Nasar Hussain	£0.95	£0.95	£0.00
EH0G	Martin Hunte	£0.51	£0.51	£0.00
EI00	Tope Imevbore	£103.94	£96.94	£7.00
EJ01	Susan Jones	£1.67	£1.47	£0.20
EJ03	Diane Jones	£1.09	£0.89	£0.20
EJ05	Pamela Jones	£0.14	£0.14	£0.00
EJ06	Stanislawa-Bozena Jerwanski	£0.90	£0.90	£0.00
EJ08	Debra-Mary Jackson	£3.75	£3.75	£0.00
EJ09	Adam Johnson	£0.34	£0.34	£0.00
EJ0A	Richard Rees James	£0.52	£0.52	£0.00
EJ0B	Mary Esther Johnson	£1.08	£0.88	£0.20
EK01	Nina Kemp	£0.11	£0.11	£0.00
EK02	Terry-Alexander Kelly	£28.65	£28.05	£0.60
EK04	Sarah Louise Knight	£20.63	£18.23	£2.40
EK06	Claire Kingsbury	£0.14	£0.14	£0.00
EK07	Maria Kiwanuka	£1.36	£1.16	£0.20
EL04	Sharon Lally-Edson	£0.32	£0.32	£0.00
EL05	Agnes La Plume	£2.41	£2.21	£0.20
EL06	Michael Leuner	£3.33	£2.93	£0.40
EM00	Maria-Ann Monks	£0.81	£0.81	£0.00
EM01	Shrah Magure	£0.14	£0.14	£0.00
EM02	Merielle Metcalf	£6.92	£5.72	£1.20
EM03	Reda Masioniene	£0.51	£0.51	£0.00
EM05	Julie McCarvil	£0.24	£0.24	£0.00
EM07	Richard Murray	£0.34	£0.34	£0.00
EM09	Susan Moss	£0.56	£0.56	£0.00
EM0B	Thomas Edward Moore	£1.08	£0.88	£0.20
EM0C	Michael Madden	£1.36	£1.16	£0.20
EM0D	Hayley Morgan	£6.13	£6.13	£0.00
EM0E	Andre Samuel James McPherson	£0.34	£0.34	£0.00
EM0F	Norman-Peter Antonio Morrison	£0.75	£0.75	£0.00
EM0G	Ivan McDougall	£4.09	£3.49	£0.60
EN00	Peck Norman	£0.19	£0.19	£0.00
EN02	Shirley Narh	£1.01	£0.81	£0.20
EO01	Ricky O'Hara	£1.42	£1.22	£0.20
EO02	Bobby-Joseph Oliver	£0.51	£0.51	£0.00
EO03	John Osborne	£0.56	£0.56	£0.00
EO04	Taiwo Olusanjo	£0.54	£0.54	£0.00
EP00	Jacqueline Passmore	£0.51	£0.51	£0.00

EP03	Kenneth-Andrew Pilcher	£0.14	£0.14	£0.00
EP04	Bridget Pattenden	£0.25	£0.25	£0.00
EP06	Simon Pateman	£0.14	£0.14	£0.00
EP07	Marion Phillip	£8.03	£6.83	£1.20
EP08	Sarah Jane Pope	£0.56	£0.56	£0.00
EP09	Daniel Peter Potheary	£0.81	£0.81	£0.00
EP0B	Lesley-Ayesha Powell	£1.08	£0.88	£0.20
EP0D	Alan-Keith Pritchard	£1.90	£1.70	£0.20
ER01	Janet Richards	£6.47	£5.27	£1.20
ER02	Christopher Robins	£8.67	£7.07	£1.60
ER03	Kenny Ross	£0.11	£0.11	£0.00
ER04	Lourdes Requena	£3.15	£2.75	£0.40
ER06	Peter Rose	£18.10	£15.90	£2.20
ER07	Debra-Ann Richardson	£1.90	£1.70	£0.20
ER08	Valire Reid	£0.94	£0.94	£0.00
ER09	Yasmin Rajput	£2.91	£2.51	£0.40
ES00	Steve Shelly	£5.28	£4.28	£1.00
ES04	Emma Shortland	£5.13	£4.73	£0.40
ES06	Sharon Sale	£14.31	£12.91	£1.40
ES0D	Daniel Slater	£0.14	£0.14	£0.00
ES0E	Maggie-Ann Shelton	£2.36	£1.96	£0.40
ES0F	Vikki Singh	£0.14	£0.14	£0.00
ES0G	Christine-Mary Snowdin	£0.56	£0.56	£0.00
ES0H	Benjamin Steward	£0.05	£0.05	£0.00
ES0I	Anne Simpson	£0.34	£0.34	£0.00
ES0J	Samantha Jane Alice Stokley	£0.34	£0.34	£0.00
ES0K	Helen Mary Stoker	£0.56	£0.56	£0.00
ES0L	David Smythe	£3.25	£2.65	£0.60
ES0M	David Speakman	£0.75	£0.75	£0.00
ES0N	Irene Sullivan	£3.56	£2.96	£0.60
ES0O	Alan-Leonard Spencer	£0.81	£0.81	£0.00
ET00	Clifford Thompson	£1.08	£0.88	£0.20
ET01	Jane Taylor	£8.81	£7.61	£1.20
ET02	Paul Traxler	£1.21	£1.01	£0.20
ET06	Pipind Toor	£0.56	£0.56	£0.00
ET07	Andrew Tresadern	£0.14	£0.14	£0.00
ET09	Richard-Raymond Thomas	£10.87	£8.87	£2.00
ET0A	Paul Taylor	£5.40	£5.40	£0.00
EW00	Anthony Michael Walker	£0.81	£0.81	£0.00
EW01	Janet Webster	£4.46	£3.66	£0.80
EW02	Clive Williams	£8.46	£7.66	£0.80
EW03	Robert-Lewis Withey	£1.83	£1.63	£0.20
EW05	Kate Samantha Whittaker	£1.39	£1.19	£0.20
EW06	Leigh-George Whipps	£9.01	£7.21	£1.80
EW07	Bernie Wright	£0.14	£0.14	£0.00
EW08	Mark-William Wright	£5.69	£5.09	£0.60
EW09	John-Michael Webb	£15.19	£13.59	£1.60
EW0B	Teresa Webster	£0.14	£0.14	£0.00
EW0C	Anne Whitfield	£0.81	£0.81	£0.00
EW0D	Michael Webster	£1.54	£1.34	£0.20
EW0F	Anna Williams	£0.14	£0.14	£0.00
EW0G	Stephen Paul Waller	£1.42	£1.22	£0.20
EW0H	Clive Ward	£1.72	£1.52	£0.20
EW0I	Alan-Lawrence Wright	£0.51	£0.51	£0.00

EY00	Catherine-Elizabeth Young	£5.25	£4.25	£1.00
		£12,619.11	£12,560.91	£58.20

HM Revenue & Customs - NI	£58.20	
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Total Dividend	£12,619.11	
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