



*Companies House*  
— for the record —

**363a<sup>(ef)</sup>**

**Annual Return**



**XOA5173B**

*Received for filing in Electronic Format on the:* **04/02/2009**

*Company Name:* **EXPRESS FITNESS LIMITED**

*Company Number:* **03699401**

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### *Company Details*

*Period Ending:* **21/01/2009**

*Company Type:* **PRIVATE COMPANY LIMITED BY SHARES**

*Principal Business Activities:*

*SIC codes:*

**7499**

*Registered Office  
Address:*

**57 PLANE STREET  
GREENACRES  
OLDHAM  
LANCASHIRE  
OL4 2BX**

*Register of  
Members Address:*

*Register of Debenture  
Holders Address:*

## *Details of Officers of the Company*

*Company Secretary 1:*

*Name:* **DEBORAH GAIL PARKINSON**      *Address:* **8 THE GROVE  
DOBCROSS  
OLDHAM  
LANCASHIRE  
OL3 5RR**

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*Director 1 :*

*Name:* **MR MARK DOUGLAS  
PARKINSON**      *Address:* **8 THE GROVE  
DOBCROSS  
OLDHAM  
LANCASHIRE  
OL3 5RR**

*Date of Birth:* **06/03/1954**      *Nationality:* **BRITISH**      *Occupation:* **COMPANY DIRECTOR**

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## *Share Capital*

*Issued Share Capital Details:*

<i>Class of Share</i>	<i>Number of Shares issued</i>	<i>Aggregate Nominal value of issued Shares</i>
<b>ORDINARY</b>	<b>1</b>	<b>GBP1</b>
<i>TOTALS</i>	<b>1</b>	<b>GBP1</b>

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## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 21/01/2009 or that had ceased to be shareholders since the made up date of the previous Annual Return

*Shareholding 1:*

**1 ORDINARY Shares held as at 21/01/2009**

*Name:*

**MARK DOUGLAS PARKINSON**

*Address:*

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*Authorisation*

*Authoriser Designation:* **director**

*Date Authorised:* **04/02/2009**

*Authenticated:* **Yes (E/W)**