



Companies House
— for the record —

AR01 (ef)

Annual Return



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Received for filing in Electronic Format on the: **01/03/2010**

Company Name: **EXPRESS FITNESS LIMITED**

Company Number: **03699401**

Date of this return: **21/01/2010**

SIC codes: **7499**

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

Situation of Registered Office: **57 PLANE STREET
GREENACRES
OLDHAM
LANCASHIRE
OL4 2BX**

Officers of the company

Company Secretary **I**

Type: **Person**

Full forename(s): **DEBORAH GAIL**

Surname: **PARKINSON**

Former names:

Service Address: **8 THE GROVE
DOBCROSS
OLDHAM
LANCASHIRE
OL3 5RR**

Company Director **1**

Type: **Person**

Full forename(s): **MR MARK DOUGLAS**

Surname: **PARKINSON**

Former names:

Service Address: **8 THE GROVE
DOBCROSS
OLDHAM
LANCASHIRE
OL3 5RR**

Country/State Usually Resident: **GB**

Date of Birth: **1954-03-06** *Nationality:* **BRITISH**

Occupation: **COMPANY DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	1
		<i>Aggregate nominal value</i>	1
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>	NONE		

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	1
		<i>Total aggregate nominal value</i>	1

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 21/01/2010 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

1 ORDINARY Shares held as at 21/01/2010

Name: **MARK DOUGLAS PARKINSON**

Address:

Authorisation

Authenticated

This form was authorised by one of the following:

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