



Companies House

AR01 (ef)

Annual Return



Received for filing in Electronic Format on the: **15/08/2014**

X3ECFWDD

Company Name: **WELLOW HEALTH AND FITNESS LIMITED**

Company Number: **03822445**

Date of this return: **10/08/2014**

SIC codes: **86900**

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

Situation of Registered Office: **WELLOW FITNESS CENTRE
WELLOW GOLF CLUB RYEDOWN LANE
EAST WELLOW ROMSEY
HAMPSHIRE
SO51 6BD**

Officers of the company

Company Secretary 1

Type: **Person**

Full forename(s): **IAN**

Surname: **CHALK**

Former names:

Service Address: **21 GRAYLING MEAD
ROMSEY
HAMPSHIRE
SO51 7RU**

Company Director ***I***

Type: **Person**

Full forename(s): **IAN**

Surname: **CHALK**

Former names:

Service Address: **21 GRAYLING MEAD
ROMSEY
HAMPSHIRE
SO51 7RU**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **15/08/1964** *Nationality:* **BRITISH**

Occupation: **BUSINESS MANAGER**

Company Director 2

Type: **Person**
Full forename(s): **RAYMOND**

Surname: **MILLARD**

Former names:

Service Address: **4 INGS LANE
GRIMSBY
N.E. LINCS
DN37 0JG**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **18/02/1944** *Nationality:* **BRITISH**
Occupation: **RETIRED**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	63500
		<i>Aggregate nominal value</i>	63500
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
NORMAL VOTING RIGHTS NORMAL DIVIDEND RIGHTS NO PLANS TO REDEEM SHARES			

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	63500
		<i>Total aggregate nominal value</i>	63500

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 10/08/2014 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 : **500 ORDINARY shares held as at the date of this return**
Name: **ROBERT MCQUAY**

Shareholding 2 : **3500 ORDINARY shares held as at the date of this return**
Name: **CHRISTINE MILLARD**

Shareholding 3 : **500 ORDINARY shares held as at the date of this return**
Name: **ANDREW KUPUSAREVIC**

Shareholding 4 : **14500 ORDINARY shares held as at the date of this return**
Name: **RONALD CHALK**

Shareholding 5 : **500 ORDINARY shares held as at the date of this return**
Name: **MICHAEL ELLIOTT**

Shareholding 6 : **500 ORDINARY shares held as at the date of this return**
Name: **JENNIFER KIMBER**

Shareholding 7 : **1500 ORDINARY shares held as at the date of this return**

Name: VICTORIA CHALK

Shareholding 8 : 7000 ORDINARY shares held as at the date of this return
Name: PATRICIA HOTCHKISS

Shareholding 9 : 1000 ORDINARY shares held as at the date of this return
Name: HAZEL LOCKHART

Shareholding 10 : 500 ORDINARY shares held as at the date of this return
Name: ANNE FRANCIS

Shareholding 11 : 500 ORDINARY shares held as at the date of this return
Name: MARTIN HARMAN

Shareholding 12 : 900 ORDINARY shares held as at the date of this return
Name: BARBARA JONES

Shareholding 13 : 3500 ORDINARY shares held as at the date of this return
Name: RAYMOND MILLARD

Shareholding 14 : 11000 ORDINARY shares held as at the date of this return
Name: IAN CHALK

Shareholding 15 : 1500 ORDINARY shares held as at the date of this return
Name: JOHN JONES

Shareholding 16 : 600 ORDINARY shares held as at the date of this return
Name: PAMELA CHALK

Shareholding 17 : 10000 ORDINARY shares held as at the date of this return
Name: EDWARD POORE

Shareholding 18 : 1000 ORDINARY shares held as at the date of this return
Name: JOHN HARRIS

Shareholding 19 : 500 ORDINARY shares held as at the date of this return
Name: SHIRLEY TWYNHAM

Shareholding 20 : 1000 ORDINARY shares held as at the date of this return
Name: J A D ROBERTSON

Shareholding 21 : 500 ORDINARY shares held as at the date of this return
Name: KENNETH TWYNHAM

Shareholding 22 : 500 ORDINARY shares held as at the date of this return

Name: BRONWEN STEER

Shareholding 23 : 1000 ORDINARY shares held as at the date of this return

Name: ROGER VENNING

Shareholding 24 : 1000 ORDINARY shares held as at the date of this return

Name: HOWARD STEER

Shareholding 25 : 0 ORDINARY shares held as at the date of this return
500 shares transferred on 2014-06-02

Name: ROBERT TOOGOOD

Authorisation

Authenticated

This form was authorised by one of the following:

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