

## 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

04106966

Name of Company

Absolutely Training (Holdings) plc

I / We  
M H Linton FCA  
Brentmead House  
Britannia Road  
London  
N12 9RU

Paul Adam Weber FCCA MABRP  
Brentmead House  
Britannia Road  
London  
N12 9RU

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

*M. H. Linton*

Date

*7<sup>th</sup> December 2010*

Leigh Adams LLP  
Brentmead House  
Britannia Road  
London  
N12 9RU

Ref A1577/MHL/PAW/DC/DCQ

For Official Use

Insolvency Sect

Post Room

WEDNESDAY



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COMPANIES HOUSE

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

Name of Company	Absolutely Training (Holdings) plc
Company Registered Number	04106966
State whether members' or creditors' voluntary winding up	Members
Date of commencement of winding up	03 December 2009
Date to which this statement is brought down	02 December 2010
Name and Address of Liquidator	
M H Linton FCA Brentmead House Britannia Road London N12 9RU	Paul Adam Weber FCCA MABRP Brentmead House Britannia Road London N12 9RU

## 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
		Brought Forward	0 00
03/12/2009	Nat West Bank plc	Cash at Bank	94,840 98
02/12/2010	SR Ashworth Rvse prev entry as chq	Ordinary Shareholders	141 00
02/12/2010	Dylan Grice Rvse prev entry as chq	Ordinary Shareholders	155 10
02/12/2010	A Nicola Rvse prev entry as chq not	Ordinary Shareholders	282 00
02/12/2010	Mark Priestly Rvse prev entry as ch	Ordinary Shareholders	78 33
02/12/2010	D Shewatan Rvse prev entry as chq	Ordinary Shareholders	2,389 94
02/12/2010	Erik Dahl Rvse prev entry as chq no	Ordinary Shareholders	15 51
02/12/2010	Mark Priestley Rvse prev entry as c	Ordinary Shareholders	78 33
Carried Forward			97,981 19

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	0 00
22/12/2009	George Alford	Ordinary Shareholders	1,880 00
22/12/2009	Christopher Anderson	Ordinary Shareholders	155 10
22/12/2009	S R Ashworth	Ordinary Shareholders	141 00
22/12/2009	B & J Ovendon (Holdings) Ltd	Ordinary Shareholders	783 33
22/12/2009	A Donald Bailey	Ordinary Shareholders	479 00
22/12/2009	Peter Ball	Ordinary Shareholders	78 49
22/12/2009	Leonie R Cooke	Ordinary Shareholders	783 33
22/12/2009	Carl Crisostomo	Ordinary Shareholders	5,210 62
22/12/2009	Joseph Daly	Ordinary Shareholders	313 33
22/12/2009	Peter Doye	Ordinary Shareholders	159 80
22/12/2009	Campbell Dunford	Ordinary Shareholders	2,853 74
22/12/2009	Martin Edwards	Ordinary Shareholders	2,350 00
22/12/2009	Amy Fetzer	Ordinary Shareholders	705 00
22/12/2009	S Mary Fetzer	Ordinary Shareholders	705 00
22/12/2009	A K Galley	Ordinary Shareholders	141 00
22/12/2009	GB Trustees Ltd	Ordinary Shareholders	392 45
22/12/2009	Owen Gibbons	Ordinary Shareholders	155 10
22/12/2009	Dylan Grice	Ordinary Shareholders	155 10
22/12/2009	B W Jay	Ordinary Shareholders	376 00
22/12/2009	Guy MacKensie	Ordinary Shareholders	97 91
22/12/2009	Ian MacKensie	Ordinary Shareholders	195 83
22/12/2009	David Marks	Ordinary Shareholders	75 20
22/12/2009	A Nicola	Ordinary Shareholders	282 00
22/12/2009	G Norfolk	Ordinary Shareholders	156 66
22/12/2009	M Parlett	Ordinary Shareholders	326 38
22/12/2009	R L Partridge	Ordinary Shareholders	104 96
22/12/2009	Faye Plews	Ordinary Shareholders	97 91
22/12/2009	Mark Priestly	Ordinary Shareholders	78 33
22/12/2009	SBS Nominees Ltd	Ordinary Shareholders	1,410 00
22/12/2009	D Shewatan	Ordinary Shareholders	2,389 94
22/12/2009	A Stone	Ordinary Shareholders	188 00
22/12/2009	Simon Treacher	Ordinary Shareholders	235 00
22/12/2009	Shaun Walsh	Ordinary Shareholders	8,735 63
22/12/2009	Arthan Xavier	Ordinary Shareholders	282 00
22/12/2009	A M Zacharia	Ordinary Shareholders	117 50
22/12/2009	Sprecher Grier Halberstam LLP	Legal Fees	8,000 00
22/12/2009	Sprecher Grier Halberstam LLP	VAT Receivable	1,200 00
22/12/2009	P & O Ford	Ordinary Shareholders	16 05
22/12/2009	Mark Jones	Ordinary Shareholders	1,353 80
22/12/2009	The Capital Fund	Ordinary Shareholders	6 32
22/12/2009	Rodney Fetzer	Ordinary Shareholders	61 31
22/12/2009	Paul Fegan	Ordinary Shareholders	26 14
22/12/2009	Erk Dahl	Ordinary Shareholders	15 51
22/12/2009	Greenbrook Industries Ltd	Ordinary Shareholders	51,616 63
06/01/2010	Peter & Olivia Ford	Ordinary Shareholders	524 81
25/02/2010	Mark Priestley	Ordinary Shareholders	78 33
Carried Forward			95,489 54

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	£	97,981 19
Total disbursements		95,489 54
Balance £		2,491 65
This balance is made up as follows		
1 Cash in hands of liquidator		0 00
2 Balance at bank		2,491 65
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		2,491 65

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) | 857,877 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)
- None
- (4) Why the winding up cannot yet be concluded
- Administration
- (5) The period within which the winding up is expected to be completed
- Uncertain