

form produced by

PC Share Register

Ver. 12.01

100761 / 30

363a

Please complete in typescript,
or in bold black capitals.

CHFP013

Annual Return

Company Number 4292768

Company Name in full Absolute Health and Fitness Limited ✓

Date of this return

The information in this return is made up to

Day Month Year
2 4 / 0 9 / 2 0 0 8

Date of next return

If you wish to make your next return
to a date earlier than the anniversary
of this return please show the date here.
Companies House will then send a form
at the appropriate time.

Day Month Year
/ / /

Registered Office

Show here the address at the date of
this return.

King and King

Roxburghe House

Any change of
registered office
must be notified
on form 287.

Post town 273-287 Regent street

County / Region London ✓

UK Postcode W 1 B 2 H A

Principal business activities

Show trade classification code number(s)
for the principal activity or activities.

8514 ✓

If the code number cannot be determined,
give a brief description of principal activity.

FRIDAY



LDKBL57Q

LD7

28/11/2008

313

COMPANIES HOUSE

COMPANIES HOUSE

When you have completed and signed the form please send it to the
Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF14 3UZ
for companies registered in England and Wales

DX 33050 Cardiff

or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB
for companies registered in Scotland

DX 235 Edinburgh

Register of members

If the register of members is not kept at the registered office, state here where it is kept.

Post town

County / Region

UK Postcode

Register of Debenture holders

If there is a register of debenture holders, or a duplicate of any such register or part of it, which is not kept at the registered office, state here where it is kept.

Post town

County / Region

UK Postcode

Company type

Public limited company

Private company limited by shares

Private company limited by guarantee without share capital

Private company limited by shares exempt under section 30

Private company limited by guarantee exempt under section 30

Private unlimited company with share capital

Private unlimited company without share capital

<input type="checkbox"/>
<input checked="" type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Please tick the appropriate box

* Voluntary details.

Company Secretary

(Please photocopy this area to provide details of joint secretaries).

##Tick this box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985 otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

If a partnership give the names and addresses of the partners or the name of the partnership and office address.

Details of a new company secretary must be notified on form 288a.

Name * Style / Title

Forename(s)

Surname

Address ##

Post town

County / Region

Country

MR

WAYNE

EDWARDS

23 GRANADA CLOSE

COWPLAIN

HAMPSHIRE

UK Postcode

PO8

9AU

UK

Directors

Please list directors in alphabetical order.

Details of new directors must be notified on form 288a.

Directors In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name.

Tick this box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985 otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

Name	* Style / Title								
	Day	Month	Year						
Date of birth	2	1	0	3	1	9	7	2	✓
Forename(s)	Nicholas								
Surname	Critchley								
Address ##	2	19 a Old Cross							
Post town	HERTFORD								
County / Region	HERTS			UK Postcode	SG14 1RE				
Country	UK			Nationality	British				
Business occupation	Physiotherapist								

* Voluntary details.

Directors In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name.

Tick this box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985 otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

Name	* Style / Title								
	Day	Month	Year						
Date of birth	1	0	0	2	1	9	6	8	
Forename(s)	Wayne								
Surname	Edwards								
Address ##	23 Granada Close								
	Cowplain								
Post town	Waterlooville								
County / Region	Hampshire			UK Postcode	PO8 9AU				
Country				Nationality	British				
Business occupation	Podiatrist								

Issued share capital
Enter details of all the shares in issue at the date of this return.

Class (e.g. Ordinary/Preference)	Number of shares issued	Aggregate Nominal Value (i.e. Number of shares issued multiplied by nominal value per share, or total amount of stock)
Non Cumulative 3 % Preference shares	897,760	89,776.00 GBP
Ordinary 10p shares	738,210	73,821.00 GBP
Totals	1,635,970	163,597.00

List of past and present shareholders

(Use attached schedule where appropriate)

A full list is required if one was not included with either of the last two returns.

There were no changes in the period

☐

on paper in another format

A list of changes is enclosed

☐
☐

A full list of shareholders is enclosed

☒
☐

Certificate

I certify that the information given in this return is true to the best of my knowledge and belief.

Signed

Wayne Edwards

Date

20/10/2008

Please delete as appropriate

~~# as director~~ / secretary

When you have signed the return send it with the fee to the Registrar of Companies. Cheques should be payable to Companies House.

This return includes

(enter number)

continuation sheets.

You do not have to give any contact information in the box opposite, but if you do, it will help Companies House to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

King & King Chartered Accountants

Roxburghe House, 273-287 Regent Street London

W1B 2HA

Tel 020 7493 7302

DX number

DX exchange

Directors

Please list directors in alphabetical order.

Details of new directors must be notified on form 288a

Directors In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name.

Tick this box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985 otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

Name	* Style / Title		
	Day	Month	Year
Date of birth	1	0	0 1 1 9 5 8
Forename(s)	Simon		
Surname	Moyes		
Address ##	26 Sunderland Terrace		
<input type="checkbox"/>			
Post town	London		
County / Region	UK Postcode	W 2	5 P A
Country	Nationality	British	
Business occupation	Surgeon		

* Voluntary details.

Directors In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name.

Tick this box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985 otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

Name	* Style / Title		
	Day	Month	Year
Date of birth	2	8	0 3 1 9 6 7
Forename(s)	Gregory		
Surname	Ryan		
Address ##	Furze Farm Cottage		
<input type="checkbox"/>	Bernards Close		
Post town	Cheersley Bucks		
County / Region	UK Postcode	H P 1 8	0 B Y
Country	UK	Nationality	British
Business occupation	Physiotherapist		

Flat 2
39 The Chase
London
SW4 0NP

Directors

Please list directors in alphabetical order.

Details of new directors must be notified on form 288a

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Tick this box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985 otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

Name	* Style / Title	Mrs		
		Day	Month	Year
Date of birth		0	4	07/1956
Forename(s)		Jacqueline Gail		
Surname		Wiggins		
Address ##		10 BLYTHES WAY		
Post town		ALVECHURCH		
County / Region		WORCS	UK Postcode	B42 7NA
Country		England	Nationality	British
Business occupation		Company director		

Standen Hse
Long Bottom Lane
Lees Green
Bucks
HP9 2UL

* Voluntary details.

Directors In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name.

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Name	* Style / Title			
		Day	Month	Year
Date of birth				
Forename(s)				
Surname				
Address ##				
Post town				
County / Region			UK Postcode	
Country			Nationality	
Business occupation				

**List of past and present shareholders
Schedule to form 363**

Company Number 4292768

(full list)

Company Name in full Absolute Health and Fitness Limited

- Changes to shareholders particulars or details of the amount of stock or shares transferred must be completed each year
- You must provide a "full list" of all company shareholders on:
 - The company's first annual return following incorporation;
 - Every third annual return after a full list has been provided
- List the company shareholders in alphabetical order or provide an index
- List joint shareholders consecutively

Shareholders' name and address	Number of shares or amount of stock held at 24/09/2008	Shares or amount of stock transferred (if appropriate) from 25/09/2007 to 24/09/2008	
		Number of shares or amount of stock transferred from member (disposals only)	Date of registration of transfer

Nicholas Critchley
22B Coleridge Road
Crouch End
London
N8 8ED
UK

Ordinary 10p shares

Balance at 24/09/2008 129,186

Wayne Edwards
23 Granada Close
Cowplain
Waterlooville
Hampshire
PO8 9AU

Ordinary 10p shares

Balance at 24/09/2008 129,186

Craig George
4 Conservatory Court
83 Chevening Road
London
SE19 3TD

Ordinary 10p shares

	984	12/06/2008
	1,970	12/06/2008
	2	12/06/2008
Balance at 24/09/2008	11,073	

**List of past and present shareholders
Schedule to form 363**

Company Number 4292768

(full list)

Company Name in full Absolute Health and Fitness Limited

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		Number of shares or amount of stock transferred from member (disposals only)	Date of registration of transfer

Simon Moyes

26 Sunderland Terrace
London
W2 5PA

Non Cumulative 3 % Preference shares

Balance at 24/09/2008 241,710

Ordinary 10p shares

Balance at 24/09/2008 184,554

William David Pressley

11 Avondale Road
Mortlake
London
SW14 8PU
England

Non Cumulative 3 % Preference shares

Balance at 24/09/2008 244,635

Ordinary 10p shares

Balance at 24/09/2008 55,366

Gregory Ryan

1 Pickfords Wharf
Clink Street
London
SE1 9DG

Ordinary 10p shares

Balance at 24/09/2008 129,185

**List of past and present shareholders
Schedule to form 363**

Company Number **4292768**

(full list)

Company Name in full **Absolute Health and Fitness Limited**

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		Number of shares or amount of stock transferred from member (disposals only)	

Daniel Mark Smith
49 Brookside
Hertford
Hertford
Hertfordshire
SG13 7LJ
UK

Ordinary 10p shares

		1,970	12/06/2008
		986	12/06/2008
Balance at 24/09/2008	11,073		

Mrs Jacqueline Gail Wiggins
40 St. James Road
Shirley
Southampton
SO15 5FF
England

Non Cumulative 3 % Preference shares

Balance at 24/09/2008	411,415
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Ordinary 10p shares

Balance at 24/09/2008	88,587
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