



Companies House
— for the record —

AR01 (ef)

Annual Return



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Company Name: **ABOVE & BEYOND LIFE & EXECUTIVE COACHING LIMITED**

Company Number: **04311819**

Date of this return: **26/10/2012**

SIC codes: **74909**

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

Situation of Registered Office: **63 CASTLE ROAD
SOUTHSEA
HAMPSHIRE
PO5 3AY**

Officers of the company

Company Secretary 1

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

Surname: **PINCHES**

Former names:

Service Address: **12 EPWORTH ROAD
PORTSMOUTH
UNITED KINGDOM
PO2 0HD**

Company Director **1**

Type: **Person**

Full forename(s): **SANDRA**

Surname: **PINCHES**

Former names:

Service Address: **12 EPWORTH ROAD
PORTSMOUTH
UNITED KINGDOM
PO2 0HD**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **13/03/1949**

Nationality: **BRITISH**

Occupation: **COACH**

Company Director **2**

Type: **Person**

Full forename(s): **STUART**

Surname: **PINCHES**

Former names:

Service Address: **53 PIER HOUSE
CHEYNE WALK
LONDON
SW3 5HG**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **02/04/1947** *Nationality:* **BRITISH**

Occupation: **TELEVISION EXECUTIVE**

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>	0
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
NORMAL			

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 26/10/2012 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 : **1 ORDINARY shares held as at the date of this return**
Name: **SANDRA DIANE PINCHES**

Authorisation

Authenticated

This form was authorised by one of the following:

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