



Companies House
— for the record —

AR01 (ef)

Annual Return



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X2HXL100

Company Name: **1-2-1 FITNESS & NUTRITION LIMITED**

Company Number: **04614198**

Date of this return: **09/08/2013**

SIC codes: **93130**

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

Situation of Registered Office: **139 WEST STREET
ERITH
KENT
DA8 1AW**

Officers of the company

Company Secretary 1

Type: **Person**
Full forename(s): **GORDON DOUGLAS**

Surname: **BROWN**

Former names:

Service Address recorded as Company's registered office

Company Director 1

Type: **Person**
Full forename(s): **HUGH DONOVAN PHILLIP**

Surname: **BROWN**

Former names:

Service Address recorded as Company's registered office

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

Date of Birth: **28/01/1959** Nationality: **BRITISH**
Occupation: **PERSONAL TRAINER**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	100
		<i>Aggregate nominal value</i>	100
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	0

Prescribed particulars

FULL RIGHTS WITH REGARDS TO VOTING, PARTICIPATION AND DIVIDENDS.

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	100
		<i>Total aggregate nominal value</i>	100

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 09/08/2013 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 : **100 ORDINARY shares held as at the date of this return**
Name: **HUGH DONOVAN PHILLIP BROWN**

Authorisation

Authenticated

This form was authorised by one of the following:

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