



Companies House
— for the record —

AR01 (ef)

Annual Return



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Received for filing in Electronic Format on the: **20/05/2011**

Company Name: **ABL EXPRESS LIMITED**

Company Number: **04700788**

Date of this return: **03/03/2011**

SIC codes: **6024**

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

Situation of Registered Office: **64 GLAMORGAN ROAD
IPSWICH
SUFFOLK
IP2 8QW**

Officers of the company

Company Secretary 1

Type: **Person**
Full forename(s): **TRACIE JANE**

Surname: **BEMROSE**

Former names:

Service Address: **64 GLAMORGAN AVENUE
IPSWICH
IP2 8QW**

Company Director 1

Type: **Person**
Full forename(s): **BENJAMIN LEE**

Surname: **BEMROSE**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **ENGLAND**

Date of Birth: **25/12/1982** Nationality: **BRITISH**
Occupation: **DRIVER**

Company Director **2**

Type: **Person**

Full forename(s): **LEA JOHN**

Surname: **BEMROSE**

Former names:

Service Address: **64 GLAMORGAN AVENUE
IPSWICH
IP2 8QW**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **18/06/1965**

Nationality: **BRITISH**

Occupation: **DRIVER**

Company Director **3**

Type: **Person**
Full forename(s): **MRS TRACY**

Surname: **BEMROSE**

Former names:

Service Address: **64 GLAMORGAN RD**
 IPSWICH
 SUFFOLK
 IP2 8QW

Country/State Usually Resident: **ENGLAND**

Date of Birth: **05/08/1971** *Nationality:* **BRITISH**
Occupation: **SUPERVISOR**

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>	1
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
ORDINARY SHARES			

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 03/03/2011 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for a private or non-traded public company are shown below

Shareholding 1 : 51 ORDINARY shares held as at 2011-03-03
Name: LEA JOHN BEMROSE

Shareholding 2 : 49 ORDINARY shares held as at 2011-03-03
Name: TRACY BEMROSE

Authorisation

Authenticated

This form was authorised by one of the following:

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