

## Return of Allotment of Shares

Please complete form in typescript, or  
in bold black capitals.

CHFP135

Company Number

5677303

Company name in full

Pro Athlete Supplementation Limited

### Shares allotted (including bonus shares):

(see Guidance Booklet GBA6)

Date or period during which  
shares were allotted

(If shares were allotted on one date  
enter that date in the "from" box)

From

Day Month Year

3 0 0 1 2 0 0 9

To

Day Month Year

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Class of shares

(ordinary or preference etc)

Ordinary

Number allotted

998

Nominal value of each share

£1

Amount (if any) paid or due on each  
share (including any share premium)

£1.00

List the names and addresses of the allottees and the  
number and class of shares allotted to each overleaf

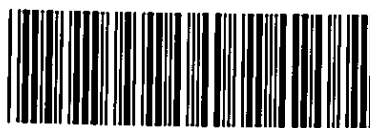
If the allotted shares (including bonus shares) are fully or partly paid up otherwise than in  
cash please state:

% that each share is to be  
treated as paid up

% (if any) that each share  
is to be paid up in cash


Consideration for which  
the shares were allotted

(This information must be supported by  
the original or a certified copy of the  
contract or by Form 88(3) if the contract  
is not in writing)

\*AMBRJ7QE\*

A76

27/02/2009

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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** DX 33050 Cardiff  
for companies registered in England and Wales or

**Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB**

For companies registered in Scotland

DX 235 Edinburgh  
or LP - 4 Edinburgh 2

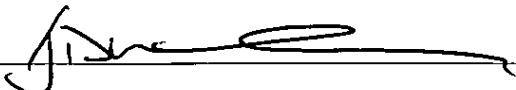
## Names and addresses of the allottees

Shareholder details (list joint allottees as one shareholder)	Shares and share class allotted	
<b>Name(s)</b> Mr Darren Campbell <b>Address</b> 77 Risca Road, Rogerstone, Blaenau Gwent UK Postcode N P 1 0 9 G D	<b>Class of shares allotted</b> Ordinary	<b>Number allotted</b> 374
<b>Name(s)</b> Mr Neil William Stanley Hammill <b>Address</b> Orchard House, 27 St Margarets Road, Alderton, Tewkesbury, Gloucestershire UK Postcode	<b>Class of shares allotted</b> Ordinary	<b>Number allotted</b> 200
<b>Name(s)</b> Mr James William Hook <b>Address</b> 2 Nant Y Glyn, Parc Penscynnor, Cilfrew, Neath UK Postcode S A 1 0 8 H S	<b>Class of shares allotted</b> Ordinary	<b>Number allotted</b> 50
<b>Name(s)</b> Mr Jonathan David Williams <b>Address</b> 8 Dennithorn Close, Old Forge Park, Merthyr Tydfil Mid Glamorgan UK Postcode C F 4 8 3 H E	<b>Class of shares allotted</b> Ordinary	<b>Number allotted</b> 374
<b>Name(s)</b>  <b>Address</b>  UK Postcode	<b>Class of shares allotted</b>	<b>Number allotted</b>

Please enter the number of continuation sheets (if any) attached to this form

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Signed



Date

30/1/2009

\*\* A director / secretary / administrator / administrative receiver / receiver / official receiver / receiver manager / voluntary arrangement supervisor

\*\* Please delete as appropriate

### Contact Details

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.

Macario Lewin - Bellarmine House, 14 Upper Church Street

Chepstow, Monmouthshire

NP16 5EX

Tel 01291 621 588

DX number

DX exchange