

Please complete form in typescript, or  
in bold black capitals.  
CHFP135

# 88(2)

(Revised 2005)

## Return of Allotment of Shares

**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			To		
Day	Month	Year	Day	Month	Year
2	6	0 2	2	0	0 9

Class of shares  
(ordinary or preference etc)

Number allotted

Nominal value of each share

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

Ordinary		
102		
£1		
£1.00		

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

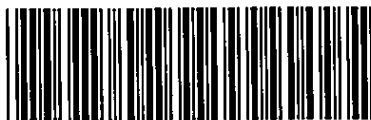
**If the allotted shares (including bonus shares) are fully or partly paid up otherwise than in  
cash please state:**

% 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)


FRIDAY



\*ACVAS819\*

A20

27/03/2009

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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

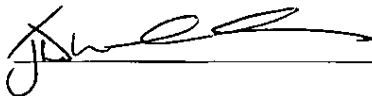
## Names and addresses of the allottees

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> 36 _____ _____
<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> 20 _____ _____
<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> 10 _____ _____
<b>Name(s)</b> Mr Jonathan David Williams <b>Address</b> 23 Lakeside, Tredegar, Blaenau Gwent UK Postcode N P 2 2 3 B L	<b>Class of shares allotted</b> Ordinary _____ _____	<b>Number allotted</b> 36 _____ _____
<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

0

Signed



Date

23/3/2009

\*\* 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