



*Companies House*  
— for the record —

**363a<sub>(ef)</sub>**

**Annual Return**



**XNG1ZXZW**

*Received for filing in Electronic Format on the:* **13/03/2008**

*Company Name:* **INSHAPE COACHING SERVICES LIMITED**

*Company Number:* **05711243**

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### *Company Details*

*Period Ending:* **15/02/2008**

*Company Type:* **PRIVATE COMPANY LIMITED BY SHARES**

*Principal Business Activities:*

*SIC codes:*

**9999**

*Registered Office  
Address:*

*Register of  
Members Address:*

*Register of Debenture  
Holders Address:*

**97 LANGTOFT ROAD  
STROUD  
GLOUCESTERSHIRE  
GL5 1NJ**

## *Details of Officers of the Company*

### *Company Secretary 1:*

*Name:* **SALLY ANN FRAPWELL**

*Address:* **97 LANGTOFT ROAD  
STROUD  
GLOUCESTERSHIRE  
GL5 1NJ**

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### *Director 1 :*

*Name:* **SALLY ANN FRAPWELL**

*Address:* **97 LANGTOFT ROAD  
STROUD  
GLOUCESTERSHIRE  
GL5 1NJ**

*Date of Birth:*

**26/06/1969**

*Nationality:*

**BRITISH**

*Occupation:*

**CHILDMINDER**

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### *Director 2 :*

*Name:* **CHRISTOPHER PAUL  
FRAPWELL**

*Address:* **97 LANGTOFT  
STROUD  
GLOUCESTERSHIRE  
GL5 1NJ**

*Date of Birth:*

**14/02/1964**

*Nationality:*

**BRITISH**

*Occupation:*

**CONTRACTS MANAGER**

## Share Capital

### Issued Share Capital Details:

<i>Class of Share</i>	<i>Number of Shares issued</i>	<i>Aggregate Nominal value of issued Shares</i>
<b>ORDINARY</b>	<b>100</b>	<b>GBP100</b>
<b>TOTALS</b>	<b>100</b>	<b>GBP100</b>

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### Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 15/02/2008 or that had ceased to be shareholders since the made up date of the previous Annual Return

#### Shareholding 1:

##### **50 ORDINARY Shares held as at 15/02/2008**

*Name:* **CHRISTOPHER PAUL FRAPWELL**  
*Address:* **97 LANGTOFT ROAD  
STROUD  
GLOUCESTERSHIRE  
GL5 1NJ**

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#### Shareholding 2:

##### **50 ORDINARY Shares held as at 15/02/2008**

*Name:* **SALLY ANN FRAPWELL**  
*Address:* **97 LANGTOFT ROAD  
STROUD  
GLOUCESTERSHIRE  
GL5 1NJ**

## *Authorisation*

*Authoriser Designation:* **director**

*Date Authorised:* **13/03/2008**

*Authenticated:* **Yes (E/W)**