



**Companies House**

— for the record —

# 88(2)

(Revised 2005)

Please complete in typescript, or  
in bold black capitals

CHWP000

## Return of Allotment of Shares

Company Number

05711243

Company name in full

INSHAPE COACHING SERVICES 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 8 0 5 2 0 0 8

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|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|

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 "C"

10

£1

£1

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 a contract)

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11/06/2008

COMPANIES HOUSE

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When you have completed and signed the form please send it to the  
Registrar of Companies at

Companies House, Crown Way, Cardiff, CF14 3UZ

for companies registered in England and Wales

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

for companies registered in Scotland

DX 33050 Cardiff

DX 235 Edinburgh

or LP - 4 Edinburgh 2

WEDNESDAY

# Names and addresses of the allottees

| Shareholder details<br><i>(list joint allottees as one shareholder)</i> |  | Shares and share class allotted |                 |
|---|--|---------------------------------|-----------------|
| Name(s)<br>CARL FRAPWELL  |  | Class of shares allotted        | Number allotted |
| Address<br>97 LANGTOFT ROAD STROUD GLOUCESTERSHIRE                      |  | ORDINARY "C"                    | 10              |
| UK Postcode GL51NJ  |  |                                 |                 |
| Name(s)   |  | Class of shares allotted        | Number allotted |
| Address   |  |                                 |                 |
| UK Postcode   |  |                                 |                 |
| Name(s)   |  | Class of shares allotted        | Number allotted |
| Address   |  |                                 |                 |
| UK Postcode   |  |                                 |                 |
| Name(s)   |  | Class of shares allotted        | Number allotted |
| Address   |  |                                 |                 |
| UK Postcode   |  |                                 |                 |
| Name(s)   |  | Class of shares allotted        | Number allotted |
| Address   |  |                                 |                 |
| UK Postcode   |  |                                 |                 |

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

Signed

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

Date

8/6/08

\*\* 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.

GRIFFITHS MARSHALL

BEAUMONT HOUSE 172 SOUTHGATE STREET GLOUCESTER

GL1 2EZ

Tel 01452 520000

DX number

DX exchange