



Companies House
— for the record —

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Annual Return



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Company Name: **INSHAPE COACHING SERVICES LIMITED**

Company Number: **05711243**

Company Details

Period Ending: **15/02/2009**

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

Principal Business Activities:

SIC codes:

9304

*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**

Director 1 :

Name: **CHRISTOPHER PAUL
FRAPWELL**

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

Date of Birth: **14/02/1964** *Nationality:* **BRITISH** *Occupation:* **CONTRACTS MANAGER**

Director 2 :

Name: **SALLY ANN FRAPWELL**

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

Date of Birth: **26/06/1969** *Nationality:* **BRITISH** *Occupation:* **CHILDMINDER**

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>
ORDINARY	110	GBP110
<i>TOTALS</i>		
	110	GBP110

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 15/02/2009 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 15/02/2009

Name: **CHRISTOPHER PAUL FRAPWELL**

Address:

Shareholding 2:

50 ORDINARY Shares held as at 15/02/2009

Name: **SALLY ANN FRAPWELL**

Address:

Shareholding 3:

10 ORDINARY Shares held as at 15/02/2009

Name:

CARL FRAPWELL

Address:

Authorisation

Authoriser Designation: **director**

Date Authorised: **02/04/2009**

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