



Companies House
— for the record —

AR01 (ef)

Annual Return



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Received for filing in Electronic Format on the: **09/03/2010**

Company Name: **INSHAPE COACHING SERVICES LIMITED**

Company Number: **05711243**

Date of this return: **15/02/2010**

SIC codes: **9304**

Company Type: **Private company limited by shares**

Situation of Registered Office: **97 LANGTOFT ROAD
STROUD
GLOUCESTERSHIRE
GL5 1NJ**

Officers of the company

Company Secretary **I**

Type: **Person**

Full forename(s): **SALLY ANN**

Surname: **FRAPWELL**

Former names:

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

Company Director **1**

Type: **Person**

Full forename(s): **CHRISTOPHER PAUL**

Surname: **FRAPWELL**

Former names:

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

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **1964-02-14** *Nationality:* **BRITISH**

Occupation: **CONTRACTS MANAGER**

Company Director **2**

Type: **Person**
Full forename(s): **SALLY ANN**
Surname: **FRAPWELL**
Former names:
Service Address: **97 LANGTOFT ROAD**
 STROUD
 GLOUCESTERSHIRE
 GL5 1NJ

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **1969-06-26** *Nationality:* **BRITISH**

Occupation: **SPORTS ASSISTANT**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	110
		<i>Aggregate nominal value</i>	110
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>	A VOTING RIGHTS B RIGHTS TO DIVIDENDS C RIGHTS TO PARTICIPATE IN DISTRIBUTION & WINDING UP		

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	110
		<i>Total aggregate nominal value</i>	110

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 15/02/2010 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for a private or non-traded public company are shown below

Shareholding : 1

50 ORDINARY Shares held as at 15/02/2010

Name: **CHRISTOPHER PAUL FRAPWELL**

Address:

Shareholding : 2

50 ORDINARY Shares held as at 15/02/2010

Name: **SALLY ANN FRAPWELL**

Address:

Shareholding : 3

10 ORDINARY Shares held as at 15/02/2010

Name: **CARL FRAPWELL**

Address:

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.