



Companies House

AR01 (ef)

Annual Return



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Company Name: **INSIDE OUT COACHING LIMITED**

Company Number: **06072251**

Date of this return: **29/01/2014**

SIC codes: **70229**

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

Situation of Registered Office: **1 THE BULLION BUILDING 132-136 ST JOHN STREET
CLERKENWELL
LONDON
EC1V 4JT**

Officers of the company

Company Secretary 1

Type: **Person**

Full forename(s): **PAUL**

Surname: **STANLEY**

Former names:

Service Address: **44 OAKWOOD ROAD
BOLDMERE
SUTTON COLDFIELD
WEST MIDLANDS
B73 5EQ**

Company Director ***1***

Type: **Person**

Full forename(s): **SIOBHAN**

Surname: **STANLEY**

Former names:

Service Address: **1 THE BULLION BUILDING
132-136 ST JOHNS STREET
LONDON
EC1V 4JT**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **28/10/1957** *Nationality:* **IRISH**

Occupation: **PERFORMANCE COACH**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	100
		<i>Aggregate nominal value</i>	100
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
FULL VOTING RIGHTS			

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	100
		<i>Total aggregate nominal value</i>	100

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 29/01/2014 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for the company are shown below

Shareholding 1 : **100 ORDINARY shares held as at the date of this return**
Name: **SIOBHAN STANLEY**

Authorisation

Authenticated

This form was authorised by one of the following:

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