



Companies House
— for the record —

AR01 (ef)

Annual Return



XL86CHRG

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Company Name: **INSIDE OUT COACHING LIMITED**

Company Number: **06072251**

Date of this return: **29/01/2010**

SIC codes: **7414**

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

Situation of Registered Office: **2 CHURCHILL COURT
58 STATION ROAD
NORTH HARROW
MIDDLESEX
UNITED KINGDOM
HA2 7SA**

Officers of the company

Company Secretary **1**

Type: **Person**

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

Surname: **STANLEY**

Former names:

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

Company Director **1**

Type: **Person**

Full forename(s): **MS SIOBHAN**

Surname: **STANLEY**

Former names:

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

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

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 29/01/2010 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

100 ORDINARY Shares held as at 29/01/2010

Name: **SIOBHAN STANLEY**

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.