

SH03

Return of purchase of own shares

Laserform

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A19 03/09/2015 #138
COMPANIES HOUSE

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A19 21/08/2015 #375
COMPANIES HOUSE

✓ **What this form is for**
You may use this form to give notice
of a purchase by a limited company
of its own shares

✗ **What this form is NOT for**
You cannot use this form to
notice of a purchase by an
company of its own shares

THURSDAY

1 **Company details**

Company number	0	6	2	8	6	7	9	9
Company name in full	TEN HEALTH & FITNESS LIMITED							

→ **Filling in this form**
Please complete in typescript or in
bold black capitals.

All fields are mandatory unless
specified or indicated by *

2 **Shares purchased for cancellation**

Class of shares (E.g. Ordinary/Preference etc.)	Number of shares purchased	Nominal value of each share	Date that the shares were delivered to the company	Do these qualify as treasury shares?	Maximum price paid for shares (PLC only)	Minimum price paid for shares (PLC only)
ORDINARY	2354	0.10	7/8/15	<input type="checkbox"/> Yes		
			/ /	<input type="checkbox"/> Yes		
			/ /	<input type="checkbox"/> Yes		
			/ /	<input type="checkbox"/> Yes		
			/ /	<input type="checkbox"/> Yes		

Please show the aggregate amount paid on shares purchased for cancellation

Total aggregate amount 220,000.00

For HM Revenue and Customs Stamp Office only



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3 Shares purchased into treasury

Please complete the table below if you are purchasing shares to place into treasury.

Class of shares (E.g. Ordinary/Preference etc)	Number of shares purchased	Nominal value of each share	Date that the shares were delivered to the company	Maximum price paid for shares (PLC only)	Minimum price paid for shares (PLC only)
			/ /		
			/ /		
			/ /		
			/ /		
			/ /		

Please show the aggregate amount paid by the company on shares purchased into treasury

Total aggregate amount

4 Stamp Duty**Stamp Duty of 0.5% is payable for purchases where the amount or value of the consideration is over £1,000.**

Please show the amount of Stamp Duty paid on shares purchased.

Stamp Duty ①

£ 1,100.00

Before this form is sent to Companies House it must be 'stamped' by HM Revenue and Customs Stamp Office to confirm that the appropriate amount of Stamp Duty has been paid.**After this form has been 'stamped' and returned to you by HM Revenue and Customs it must then be sent to Companies House.**

No Stamp Duty payable

If Stamp Duty is **not payable** on shares purchased, please confirm the statement below by ticking the box:
☐ I/We certify that the transaction effected by this instrument does not form part of a larger transaction or series of transactions in respect of which the amount or value of the consideration exceeds £1,000
If you have no stamp duty payable, please return this form directly to Companies House.**① Stamp Duty**

The aggregate amount should be rounded up to the nearest multiple of £5

Amount payable

Cheques for the Stamp Duty must be made payable to 'HM Revenue & Customs Taxes' and crossed 'Not Transferable'

Stamp office address

Please send the form to HMRC Stamp Office, 9th Floor, City Centre House, 30 Union Street, Birmingham B2 4AR

Further informationIf you require further information on Stamp Duty Please contact HM Revenue & Customs on 0845 6030135 or visit their website www.hmrc.gov.uk**5 Signature**

I am signing this form on behalf of the company

Signature

Signature

X  X

Date

07/08/2015

This form may be signed by

Director ②, Secretary, Person authorised ③, Administrator, Receiver, Receiver manager, CIC manager

② Societas Europaea

If the form is being filed on behalf of a Societas Europaea (SE) please delete 'director' and insert details of which organ of the SE the person signing has membership

③ Person authorised

Under either section 270 or 274 of the Companies Act 2006

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Presenter information

You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record

Contact name DE8144

Company name Lewis Silkin LLP

Address

Post town

County/Region

Postcode

E C 4 A 1 B L

Country

DX DX 182 Chancery Lane

Telephone 020 7074 8000



Checklist

We may return forms completed incorrectly or with information missing.

Please make sure you have remembered the following:

- ☐ The company name and number match the information held on the public Register
- ☐ You have completed Section 2 and/or Section 3 as appropriate
- ☐ In Section 4, you have either had the form stamped by HMRC or ticked the certification section to indicate that no duty is payable
- ☐ You have signed the form



Important information

Please note that all information on this form will appear on the public record.



Where to send

You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below:

For companies registered in England and Wales:

The Registrar of Companies, Companies House,
Crown Way, Cardiff, Wales, CF14 3UZ
DX 33050 Cardiff

For companies registered in Scotland:

The Registrar of Companies, Companies House,
Fourth floor, Edinburgh Quay 2,
139 Fountainbridge, Edinburgh, Scotland, EH3 9FF
DX ED235 Edinburgh 1
or LP - 4 Edinburgh 2 (Legal Post).

For companies registered in Northern Ireland:

The Registrar of Companies, Companies House,
Second Floor, The Linenhall, 32-38 Linenhall Street,
Belfast, Northern Ireland, BT2 8BG
DX 481 N.R. Belfast 1.

Stamp Duty

If Stamp Duty is to be paid, please first send this form to: HMRC Stamp Office, 9th Floor, City Centre House, 30 Union Street, Birmingham, B2 4AR



Further information

For further information, please see the guidance notes on the website at www.companieshouse.gov.uk or email enquiries@companieshouse.gov.uk

This form is available in an alternative format. Please visit the forms page on the website at www.companieshouse.gov.uk