



*Companies House*  
— for the record —

**AR01** (ef)

**Annual Return**



X31RSMW2

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*Company Name:* **ABC SPORT AND WELLBEING LTD.**

*Company Number:* **06345362**

*Date of this return:* **16/08/2010**

*SIC codes:* **7499**

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

*Situation of Registered Office:* **11 SANDFIELD ROAD, HEADINGTON  
OXFORD  
OXFORDSHIRE  
OX3 7RG**

**Officers of the company**

## *Company Secretary 1*

*Type:* **Person**

*Full forename(s):* **DIANE**

*Surname:* **TUCKER**

*Former names:*

*Service Address:* **90 OLD ROAD  
HEADINGTON  
OXFORD  
OXFORDSHIRE  
OX3 8SX**

*Company Director*    ***I***

*Type:*                      **Person**

*Full forename(s):*        **PAUL**

*Surname:*                **TUCKER**

*Former names:*

*Service Address:*        **LOWER MENDIP  
PULLENS LANE, HEADINGTON  
OXFORD  
OXFORDSHIRE  
OX3 0BX**

*Country/State Usually Resident:*    **ENGLAND**

*Date of Birth:*    **08/04/1976**                      *Nationality:*    **BRITISH**

*Occupation:*    **PERSONAL TRAINER**

## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>1</b>
		<i>Aggregate nominal value</i>	<b>1</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>0</b>
		<i>Amount unpaid per share</i>	<b>0</b>

*Prescribed particulars*

TABLE A

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>1</b>
		<i>Total aggregate nominal value</i>	<b>1</b>

### *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 16/08/2010 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* : **1 ORDINARY shares held as at 2010-08-16**  
*Name:* **PAUL TUCKER**

### *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

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