In accordance with Section 555 of the Companies Act 2006

# **SH01**





You can use the WebFiling service to file this form online

Please go to www companieshouse gov uk

#### ✓ What this form is for

You may use this form to give notice of shares allotted following incorporation

#### ¥ What this form is NOT'

You cannot use this form notice of shares taken by on formation of the compallotment of a new class an unlimited company



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1	Con	par	ıy de	etails	3						(	از
Company number	6	4	5	8	3	1	9					
Company name in full	TRA	TRAINFORLIFE LIMITED										
										-		

Please give details of the shares allotted, including bonus shares

(Please use a continuation page if necessary)

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

All fields are mandatory unless specified or indicated by \*

2	Allotment	dates •			
From Date	<sup>d</sup> 2 <sup>d</sup> 1	m <sub>1</sub> m <sub>2</sub>	<sup>y</sup> 2	y 0 y 1	70
To Date	d d	m	У	У	У

Shares allotted

Allotment date

Currency

If all shares were allotted on the same day enter that date in the 'from date' box. If shares were allotted over a period of time, complete both 'from date' and 'to date' boxes.

If currency details are not completed

we will assume currency is in pound sterling Number of shares Amount paid (including Amount (if any) unpaid Class of shares Nominal value of each Currency @ allotted (E.g. Ordinary/Preference etc.) share share premium) on (including share each share premium) on each share Ordinary GBP 99 1 00 1 00 0 00

If the allotted shares are fully or partly paid up otherwise than in cash, please state the consideration for which the shares were allotted

Continuation page
Please use a continuation page if
necessary

Details of non-cash consideration

If a PLC, please attach valuation report (if appropriate)

### SH01

Return of allotment of shares

### Statement of capital

**Section 4** (also **Section 5** and **Section 6**, if appropriate) should reflect the company's issued capital at the date of this return

	<u> </u>					
4	Statement of cap	ital (Share capital in p	oound sterling (£))			
		h class of shares held in p ction 4 and then go to Sec				
Class of shares (E.g. Ordinary/Preference etc.)		Amount paid up on each share	Amount (if any) unpaid on each share	Number of shares 2	Aggregate nominal value 6	
Ordinary		1 00	0 00	10	0 £ 100 00	
					£	
					£	
					£	
			Totals	10	0 £ 100 GU	
5	Statement of cap	<b>ital</b> (Share capital in c	other currencies)			
Please complete the tal		class of shares held in other	her currencies		<u>,                                     </u>	
Currency						
Class of shares (E.g. Ordinary / Preference etc.)		Amount paid up on each share •	Amount (if any) unpaid on each share	Number of shares ②	Aggregate nominal value &	
			Totals			
					• • • • • • • • • • • • • • • • • • • •	
Currency						
Class of shares (E.g. Ordinary/Preference etc.)		Amount paid up on each share   Amount (if any) unpaid on each share   Number of share		Number of shares ②	Aggregate nominal value &	
				<u> </u>	ī	
<u> </u>			Totals			
6	Statement of cap	ital (Totals)	·		-	
	Please give the total share capital	number of shares and tota	al aggregate nominal valu	Please	ggregate nominal value list total aggregate values in	
Total number of shares	different currencies separately Forexample £100 + €100 + \$10 etc					
Total aggregate nominal value		<u> </u>			;	
<ul> <li>Including both the nominal share premium</li> <li>Total number of issued share</li> </ul>	·	DEg Number of shares issue nominal value of each share	Plea	tinuation Pages se use a Statement of Cap elf necessary	ital continuation	

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Return of allotment of shares

7	Statement of capital (Prescribed particulars of rights attached to share:	s)
	Please give the prescribed particulars of rights attached to shares for each class of share shown in the statement of capital share tables in <b>Section 4</b> and <b>Section 5</b>	Prescribed particulars of rights attached to shares
Class of share	£1 00 Ordinary	The particulars are a particulars of any voting rights,
Prescribed particulars	The shares have attached to them full voting, dividend and capital distribution (including on winding up) rights, they do not confer any rights of redemption	including rights that arise only in certain circumstances, b particulars of any rights, as respects dividends, to participate in a distribution, c particulars of any rights, as respects capital, to participate in a distribution (including on winding "up), and d whether the shares are to be redeemed or are liable to be redeemed at the option of the company or the shareholder and any terms or conditions relating to redemption of these shares
Class of share		A separate table must be used for
Prescribed particulars		each class of share  Continuation page  Please use a Statement of Capital continuation page if necessary
Class of share		
Prescribed particulars		
8	Signature	<u> </u>
_	I am signing this form on behalf of the company	Societas Europaea
Signature	Signature X	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
	This form may be signed by Director <b>Q</b> Secretary, Person authorised <b>Q</b> Administrator, Administrative receiver, Receiver, Receiver manager, CIC manager	Person authonsed     Under either section 270 or 274 of the Companies Act 2006

#### 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	
Сотралу пате	R D P REGISTRARS LIMITED
Address	LYNWOOD HOUSE
	373-375 STATION ROAD
Post town	HARROW
County/Region	MIDDLESEX
Postcode	H A 1 2 A W
Country	United Kingdom
DX	
Telephone	

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#### Checklist

We may return the 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 shown the date(s) of allotment in section 2
- You have completed all appropriate share details in section 3
- ☐ You have completed the appropriate sections of the Statement of Capital
- ☐ You have signed the form

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#### Important information

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

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#### 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<sup>\*</sup>
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

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#### 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