

363a

Please complete in typescript, or in bold black capitals.

Annual Return

CHFP000

Company number

06499586

Company name in full

ROCK & RAPID ADVENTURES
LIMITED

Date of this return

The information in this return is made up to

Day Month Year

13/11/2009

Date of next return

If you wish to make your next return to a date earlier than the anniversary of this return please show that date here. Companies House will then send a form at the appropriate time.

Day Month Year

13/11/2010

Registered Office

Show here the address at the date of this return

Any change of registered office must be notified on form 287

Post town

County/Region

UK Postcode

THE COTTAGE
SURREIDGE FARM, BATHURSTON
TAUNTON
SOMERSET
TA4 4L 24LS

Principal business activities

Show trade classification code number(s) for the principal activity or activities

ADVENTURE TRAVEL &
ACTIVITIES + RETAIL



A34 07/05/2009 151
COMPANIES HOUSE
A46 28/04/2009 217
COMPANIES HOUSE

When you have completed and signed the form please send it to the Registrar of Companies at:
Companies House, Crown Way, Cardiff, CF14 3UZ
for companies registered in England or Wales or
Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB
For companies registered in Scotland

DX 33050 Cardiff
DX ED235 Edinburgh 1
or LP-4 Edinburgh 2

Register of members

If the register of members is not kept at the registered office, state here where it is kept

Post town

County/Region

UK Postcode

Register of Debenture holders

If there is a register of debenture holders, or a duplicate of any such register or part of it, which is not kept at the registered office, state here where it is kept

Post town

County/Region

UK Postcode

Company type

Public limited company

Private company limited by shares

Private company limited by guarantee without share capital

Private company limited by shares exempt under section 30

Private company limited by guarantee exempt under section 30

Private unlimited company with share capital

Private unlimited company without share capital

Please tick the appropriate box

Company Secretary

Details of a new company secretary must be notified on form 288a

* Voluntary details
(Please photocopy this area to provide details of joint secretaries).

Name

* Style/Title

MR

Forename(s)

HUGH GORDON

Surname

SPENCER - MUSTOE

Address ††

SURREIDGE FARM

BATHURTON

Post town

TAUNTON

County/Region

SOMERSET

UK Postcode

TA4 4L 12 AS

Country

ENGLAND

†† Tick the box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

If a partnership, give the names and addresses of the partners or the name of the partnership and office address

Directors

Please list the directors in alphabetical order

Details of new directors must be notified on form 288a

* Voluntary details

In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name

Name *Style/Title

MR

Day

Month

Year

Date of birth

27/10/1980

Forename(s)

KEITH

Surname

CROCKFORD

Address ††

THE BARN, WADHAM'S

FARM, WATERLOW, TAUNTON

Post town

TAUNTON

County/Region

SOMERSET

UK Postcode

TA4 2PT

Country

ENGLAND

Nationality

ENGLISH

Business occupation

DIRECTOR

†† Tick the box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

☐**Directors**

Please list the directors in alphabetical order

Details of new directors must be notified on form 288a

* Voluntary details

In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name

Name *Style/Title

Day

Month

Year

Date of birth

/ /

Forename(s)

Surname

Address ††

Post town

County/Region

UK Postcode

Country

Nationality

Business occupation

†† Tick the box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

☐

Issue share capital

Enter details of all the shares in issue at the date of this return

Class (e.g.
Ordinary/Preference)

Number of shares
issued

Aggregate Nominal
Value

(i.e. Number of shares
issued multiplied by
nominal value per share, or
total amount of stock)

ORDINARY	100	£100
Totals		

Traded public companies

A traded public company means a company any of whose shares are shares admitted to trading on a regulated market

Please tick this box if your company was a traded public company at any time during the period of this return

☐**List of past and present shareholders**

(use attached schedule where appropriate)

Please tick the appropriate box below:

On paper

In another
format

Private or non-traded public companies are required to provide a "full list" if one was not included with either of the last two returns.

A full list of shareholders for a private or non-traded public company is enclosed. Please complete Schedule A.

☐☐

Traded public companies are required to provide a list of shareholders who held at least 5% of the issued shares of any share class if a list was not provided with either of the last two returns.

A list of shareholders holding at least 5% of the issued shares of any share class for a traded public company is enclosed. Please complete Schedule B.

☐☐

A list containing shareholder changes is enclosed

☒☐

→ For private or non-traded public companies, please complete Schedule A

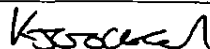
→ For traded public companies, please complete Schedule B

There were no shareholder changes in this period

☐**Certificate**

I certify that the information given in this return is true to the best of my knowledge and belief

Signed



Date

11/3/09

* Please delete as appropriate

When you have signed the return, send it with the fee to the Registrar of Companies. Make cheques payable to Companies House.

*(director / secretary)

This return includes

☐

continuation sheets

(enter number)

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

DX number _____ DX exchange _____

Directors

Please list the directors in alphabetical order

Details of new directors must be notified on form 288a

* Voluntary details

In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name

Name *Style/Title

Day Month Year

Date of birth

Forename(s)

Surname

Address ††

†† Tick the box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

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Post town

County/Region

UK Postcode

Country

Nationality

Business occupation

Directors

Please list the directors in alphabetical order

Details of new directors must be notified on form 288a

* Voluntary details

In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name

Name *Style/Title

Day Month Year

Date of birth

Forename(s)

Surname

Address ††

†† Tick the box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

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Post town

County/Region

UK Postcode

Country

Nationality

Business occupation

Directors

Please list the directors in alphabetical order

* Voluntary details

In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name

Details of new directors must be notified on form 288a

Name *Style/Title _____

Day Month Year

Date of birth / /

Forename(s) _____

Surname _____

Address †† _____

†† Tick the box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

☐

Post town _____

County/Region _____

UK Postcode

Country _____

Nationality _____

Business occupation _____

Directors

Please list the directors in alphabetical order

* Voluntary details

In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name

Details of new directors must be notified on form 288a

Name *Style/Title _____

Day Month Year

Date of birth / /

Forename(s) _____

Surname _____

Address †† _____

†† Tick the box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

☐

Post town _____

County/Region _____

UK Postcode

Country _____

Nationality _____

Business occupation _____

Schedule A

for private or non-traded public companies

List of past and present shareholders

Company number

06499586

Company name in full

ROCK & RAPID ADVENTURES LTD.

- Changes to shareholders' particulars or details of the amount of stock or shares transferred must be completed each year
- You must provide a "full list" of all company shareholders on:
 - The company's first annual return following incorporation
 - Every third annual return after a full list has been provided
- List the company shareholders in alphabetical order or provide an index
- List joint shareholders consecutively

[illegible]

List of past and present shareholders

Figure 1 is a line graph showing the time course of the effect of 100 mg/kg of diazepam on the plasma concentration of diazepam in rats. The x-axis represents time in hours (0 to 24), and the y-axis represents plasma concentration in mg/ml (0 to 1.0). The concentration starts at approximately 0.8 mg/ml at 0 hours, drops sharply to about 0.2 mg/ml by 1 hour, and then gradually declines to near zero by 24 hours.

[illegible]

This must only be completed by companies that have traded on a regulated market and must show the details of shareholders who held at least 5% of the issued shares of any class of the company at any time during the period

Schedule B

for traded public companies

List of past and present shareholders

Company number

Company name in full

- Changes to shareholders particulars or details of the amount of stock or shares transferred must be completed each year
- You must provide a list of all company shareholders who held at least 5% of the issued shares of any class of the company on:
 - The company's first annual return following incorporation
 - Every third annual return after a full list has been provided
- List the company shareholders in alphabetical order or provide an index
- List joint shareholders consecutively

Shareholder's name and address	Class and number of shares or amount of stock held	Shares or amount of stock transferred (if appropriate)	
		Class and number of shares or amount of stock transferred	Date of registration of transfer
Name ----- Address ----- ----- ----- UK Postcode L L L L L L L L			
Name ----- Address ----- ----- ----- UK Postcode L L L L L L L L			
Name ----- Address ----- ----- ----- UK Postcode L L L L L L L L			
Name ----- Address ----- ----- ----- UK Postcode L L L L L L L L			

Schedule B
for traded public companies
 (continuation sheet)
List of past and present shareholders

Company number _____

Shareholder's name and address	Class and number of shares or amount of stock held	Shares or amount of stock transferred (if appropriate) Class and number of shares or amount of stock transferred	Date of registration of transfer
Name ----- Address ----- ----- ----- UK Postcode L L L L L L L L			
Name ----- Address ----- ----- ----- UK Postcode L L L L L L L L			
Name ----- Address ----- ----- ----- UK Postcode L L L L L L L L			
Name ----- Address ----- ----- ----- UK Postcode L L L L L L L L			
Name ----- Address ----- ----- ----- UK Postcode L L L L L L L L			