



363a

Please complete in typescript, or in bold black capitals.

Annual Return

CHFP000

Company number

06621632

Company name in full

ABSOLUTE MANPOWER SOLUTIONS LTD

Date of this return

The information in this return is made up to

Day	Month	Year
1	7	06

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

Registered Office

Show here the address at the date of this return

QUEENSWAY
Fforestfach
SWANSEA

Any change of registered office must be notified on form 287

Post town

County/Region

UK Postcode

S A 5 4 E G

Principal business activities

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

If the code number cannot be determined, give a brief description of principal activity

Recruitment Agency and
light haulage



A02

22/08/2009

154

COMPANIES HOUSE

by

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

Forename(s)

Surname

Address ††

Post town

County/Region

UK Postcode

Country

†† 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.

Date of birth

Day 03, Month 08, Year 1984

Forename(s)

COWAP MATTHEW JAMES

Surname

COWAP.

Address ††

34 RAMSEY ROAD

Clydach

Post town

Swansea

County/Region

UK Postcode

S A 6 5 J U

Country

Nationality

BRITISH

Business occupation

DRIVER.

†† 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

Date of birth

Day Month Year

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.

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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	1	1
Totals	1	1

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.**

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☐

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.**

☐
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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

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Certificate

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

Signed

M. J. [Signature]

Date

20/8/09

* Please delete as appropriate

*(director / secretary)

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

This return includes

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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

Schedule A

for private or non-traded public companies

List of past and present shareholders

Company number 06621632 (Please use a continuation sheet if required)

Company name in full Absolute Manpower Solutions LTD

- ## Do not give shareholder address information

[illegible]

List of past and present shareholders

[illegible]