



Companies House
— for the record —

AR01 (ef)

Annual Return



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Company Name: **GRIN FROM WITHIN LTD**

Company Number: **06852600**

Date of this return: **19/03/2012**

SIC codes: **78300**

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

Situation of Registered Office: **121 BROMEDALE AVENUE
MULBARTON
NORWICH
NORFOLK
UNITED KINGDOM
NR14 8GZ**

Officers of the company

Company Director **1**

Type: **Person**
Full forename(s): **MISS LIANE**

Surname: **PRESTON**

Former names:

Service Address: **121 BROMEDALE AVENUE
MULBARTON
NORFOLK
UNITED KINGDOM
NR14 8GZ**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **03/05/1973** *Nationality:* **BRITISH**
Occupation: **DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	1000
		<i>Aggregate nominal value</i>	1000
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
FULLY OWNED			

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	1000
		<i>Total aggregate nominal value</i>	1000

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 19/03/2012 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for the company are shown below

Shareholding 1 : **1000 ORDINARY shares held as at the date of this return**
Name: **LIANE PRESTON**

Authorisation

Authenticated

This form was authorised by one of the following:

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