

100011/30  
100012/10

In accordance with  
Section 854 of the  
Companies Act 2006

# AR01

## Annual Return



A fee is payable with this form  
Please see 'How to pay' on the  
last page

You can use the WebFiling service to file this form online  
Please go to [www.companieshouse.gov.uk](http://www.companieshouse.gov.uk)

**What this form is for**  
You may use this form to confirm  
that the company information is  
correct as at the date of this return  
You must file an Annual Return at  
least once every year

**What this form is NOT for**  
You cannot use this form to  
notice of changes to the co  
officers, registered office ad  
company type or informati  
relating to the company re

THURSDAY



A63 21/04/2011 18  
COMPANIES HOUSE

### Part 1 Company details

The section must be completed by all companies

→ **Filing in this form**  
Please complete in typescript or in  
bold black capitals.  
  
All fields are mandatory unless  
specified or indicated by \*

#### A1 Company details

Company number **7 2 0 3 9 8 0**

Company name in full **About You Coaching Limited**

① **Company name change**  
If your company has recently  
changed its name, please provide  
the company name as at the date of  
this return

#### A2 Return date

Please give the annual return made up date The return date must not be a future  
date The annual return must be delivered within 28 days of the date given below

Date of this return ② **d 2 d 5 m 0 m 3 y 2 y 0 y 1 y 1**

② **Date of this return**  
Your company's return date  
is usually the anniversary of  
incorporation or the anniversary  
of the last annual return filed at  
Companies House You may choose  
an earlier return date but it must not  
be a later date

#### A3 Principal business activity

Please show the trade classification code number(s) for the principal  
activity or activities ③

Classification code 1					
Classification code 2					
Classification code 3					
Classification code 4					

If you cannot determine a code, please give a brief description of your  
business activity below

Principal activity  
description **Coaching**

③ **Principal business activity**  
You must provide a trade  
classification code (SIC code) or a  
description of your company's main  
business in this section  
  
A full list of the trade classification  
codes are available on our website  
[www.companieshouse.gov.uk](http://www.companieshouse.gov.uk)

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<b>A4</b>	<b>Company type</b> <sup>ⓐ</sup>	<b>ⓐ Company type</b> If you are unsure of your company type, please check your latest certificate of incorporation or our website <a href="http://www.companieshouse.gov.uk">www.companieshouse.gov.uk</a>
	Please confirm your company type by ticking the appropriate box below (only one box must be ticked)	
	<input type="checkbox"/> Public limited company <input checked="" type="checkbox"/> Private company limited by shares <input type="checkbox"/> Private company limited by guarantee <input type="checkbox"/> Private company limited by shares exempt under section 60 <input type="checkbox"/> Private company limited by guarantee exempt under section 60 <input type="checkbox"/> Private unlimited company with share capital <input type="checkbox"/> Private unlimited company without share capital	

<b>A5</b>	<b>Registered office address</b> <sup>ⓑ</sup>	<b>ⓑ Change of registered office</b> This must agree with the address that is held on the Companies House record at the date of this return  If the registered office address has changed, you should complete form AD01 and submit it together with this annual return
Building name/number	30 New Road	
Street		
Post town	Brighton	
County/Region	East Sussex	
Postcode	B N 1 1 B N	

<b>A6</b>	<b>Single alternative inspection location (SAIL) of the company records</b> (if applicable) <sup>ⓐ</sup>	<b>ⓐ SAIL address</b> This must agree with the address that is held on the Companies House record at the date of this return  If the address has changed, you should complete form AD02 and submit it together with this annual return
Building name/number		
Street		
Post town		
County/Region		
Postcode		

<b>A7</b>	<b>Location of company records</b> <sup>ⓐ</sup>	<b>ⓐ Location of company records</b> If the company records are held at the registered office address, <b>do not</b> tick any of the boxes in this section  Certain records must be kept by every company while other records are only kept by certain company types where appropriate  If the records are not kept at the SAIL address, they must be available at the registered office  If any of the company records have moved from the registered office to the address in Section A6 since the last annual return, you must complete form AD03 and submit it together with this annual return
	Please tick the appropriate box to indicate which records are kept at the SAIL address in Section A6	
	<input type="checkbox"/> Register of members <input type="checkbox"/> Register of directors <input type="checkbox"/> Directors' service contracts <input type="checkbox"/> Directors' indemnities <input type="checkbox"/> Register of secretaries <input type="checkbox"/> Records of resolutions etc <input type="checkbox"/> Contracts relating to purchase of own shares <input type="checkbox"/> Documents relating to redemption or purchase of own share out of capital by private company <input type="checkbox"/> Register of debenture holders <input type="checkbox"/> Report to members of outcome of investigation by public company into interests in its shares <input type="checkbox"/> Register of interests in shares disclosed to public company <input type="checkbox"/> Instruments creating charges and register of charges England and Wales or Northern Ireland <input type="checkbox"/> Instruments creating charges and register of charges Scotland	

**Part 2 Officers of the company**

This section should include details of the company at the date to which this annual return is made up

- For a secretary who is an individual, go to Section B1
- For a corporate secretary, go to Section C1
- For a director who is an individual, go to Section D1
- For a corporate director, go to Section E1

**Continuation pages**  
Please use a continuation page if you need to enter more officer details

**Secretary**

**B1 Secretary's details**

Please use this section to list all the secretaries of the company  
For a corporate secretary, complete Section C1-C4.

Title*	Mr
Full forename(s)	Paul Jeffrey
Surname	Lewendon
Former name(s)	PAUL JEFFREY DONNELLY (NOT LEGALLY ADOPTED & NOT USED SINCE 1978)

**Secretary appointments**  
You may not use this form to appoint a secretary. To do this, please complete form AP03 and submit it together with this annual return.

**Corporate details**  
Please use Section C1-C4 to enter corporate secretary details.

**Secretary details**  
All details must agree with those previously notified to Companies House. If you have made changes since the last annual return and have not notified us, please complete form CH03.

**Former name(s)**  
Please provide any previous names which have been used for business purposes during the period of this return. Married women do not need to give former names unless previously used for business purposes.

**B2 Secretary's service address**

Building name/number	30 New Road
Street	
Post town	Brighton
County/Region	East Sussex
Postcode	B N 1 1 B N
Country	United Kingdom

**Service address**  
If you have previously notified Companies House that the service address is at 'The Company's Registered Office', please state 'The Company's Registered Office' in the address.

This information will appear on the public record.

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**Corporate secretary**

<b>C1 Corporate secretary's details</b>		<p><b>Corporate secretary appointments</b> You cannot use this form to appoint a corporate secretary. To do this, please complete form AP04 and submit it together with this annual return.</p> <p><b>Corporate secretary details</b> All details must agree with those previously notified to Companies House. If you have made changes since the last annual return and have not notified us, please complete form CH04.</p> <p>This information will appear on the public record.</p>							
Please use this section to list all the corporate secretaries of the company									
Corporate body/firm name									
Building name/number									
Street									
Post town									
County/Region									
Postcode	<table border="1"> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>								
Country									

<b>C2</b>	<b>Location of the registry of the corporate body or firm</b>
Is the corporate secretary registered within the European Economic Area (EEA)? → Yes Complete <b>Section C3</b> only → No Complete <b>Section C4</b> only	

<b>C3 EEA companies</b>		<p><b>EEA</b> A full list of countries of the EEA can be found in our guidance <a href="http://www.companieshouse.gov.uk">www.companieshouse.gov.uk</a></p> <p>This is the register mentioned in Article 3 of the First Company Law Directive (68/151/EEC)</p>
Please give details of the register where the company file is kept (including the relevant state) and the registration number in that register		
Where the company/firm is registered		
Registration number		

<b>C4 Non-EEA companies</b>		<p><b>Non-EEA</b> Where you have provided details of the register (including state) where the company or firm is registered, you must also provide its number in that register.</p>
Please give details of the legal form of the corporate body or firm and the law by which it is governed. If applicable, please also give details of the register in which it is entered (including the state) and its registration number in that register.		
Legal form of the corporate body or firm		
Governing law		
If applicable, where the company/firm is registered		
If applicable, the registration number		

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**Director**

<b>D1</b> Director's details <sup>Ⓢ</sup>	
Please use this section to list all the directors of the company For a corporate director, complete Section E1-E4.	
Title*	Mrs
Full forename(s)	Paula Elaine
Surname	Lewendon
Former name(s) <sup>Ⓢ</sup>	
Country/State of residence	England
Nationality	British
Date of birth	<sup>d</sup> 2 <sup>d</sup> 7 <sup>m</sup> 0 <sup>m</sup> 9 <sup>y</sup> 1 <sup>y</sup> 9 <sup>y</sup> 5 <sup>y</sup> 8
Business occupation (if any)	Company director

**Ⓢ Director appointments**  
You cannot use this form to appoint a director. To do this, please complete form AP01 and submit it together with this annual return.

**Corporate details**  
Please use Section E1-E4 to enter corporate director details.

**Director details**  
All details must agree with those previously notified to Companies House. If you have made changes since the last annual return and have not notified us, please complete form CH01.

**Ⓢ Former name(s)**  
Please provide any previous names which have been used for business purposes during the period of this return. Married women do not need to give former names unless previously used for business purposes.

<b>D2</b> Director's service address <sup>Ⓢ</sup>	
Building name/number	30 New Road
Street	
Post town	Brighton
County/Region	East Sussex
Postcode	B N 1    1 B N
Country	United Kingdom

**Ⓢ Service address**  
If you have previously notified Companies House that the service address is at 'The Company's Registered Office', please state 'The Company's Registered Office' in the address.

This information will appear on the public record.

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**Director**

<b>D1</b>		<b>Director's details</b> <sup>①</sup>	
		Please use this section to list all the directors of the company For a corporate director, complete Section E1-E4	
Title*			
Full forename(s)			
Surname			
Former name(s) <sup>②</sup>			
Country/State of residence			
Nationality			
Date of birth	d	d	m m y y y y
Business occupation (if any)			
		<p><b>① Director appointments</b> You cannot use this form to appoint a director. To do this, please complete form AP01 and submit it together with this annual return.</p> <p><b>Corporate details</b> Please use Section E1-E4 to enter corporate director details.</p> <p><b>Director details</b> All details must agree with those previously notified to Companies House. If you have made changes since the last annual return and have not notified us, please complete form CH01.</p> <p><b>② Former name(s)</b> Please provide any previous names which have been used for business purposes during the period of this return. Married women do not need to give former names unless previously used for business purposes.</p>	

<b>D2</b>		<b>Director's service address</b> <sup>③</sup>	
Building name/number			
Street			
Post town			
County/Region			
Postcode			
Country			
		<p><b>③ Service address</b> If you have previously notified Companies House that the service address is at 'The Company's Registered Office', please state 'The Company's Registered Office' in the address.</p> <p>This information will appear on the public record.</p>	

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**Corporate director**

<b>E1 Corporate director's details</b>		<p><b>Corporate director appointments</b> You cannot use this form to appoint a corporate director. To do this, please complete form AP02 and submit it together with this annual return.</p> <p><b>Corporate director details</b> All details must agree with those previously notified to Companies House. If you have made changes since the last annual return and have not notified us, please complete form CH02.</p> <p>This information will appear on the public record.</p>									
Please use this section to list all the corporate director's of the company											
Corporate body/firm name											
Building name/number											
Street											
Post town											
County/Region											
Postcode	<table border="1"> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>										
Country											

<b>E2</b>	<b>Location of the registry of the corporate body or firm</b>
Is the corporate director registered within the European Economic Area (EEA)? → Yes Complete <b>Section E3 only</b> → No Complete <b>Section E4 only</b>	

<b>E3 EEA companies</b>		<p><b>EEA</b> A full list of countries of the EEA can be found in our guidance <a href="http://www.companieshouse.gov.uk">www.companieshouse.gov.uk</a></p> <p>This is the register mentioned in Article 3 of the First Company Law Directive (68/151/EEC)</p>
Please give details of the register where the company file is kept (including the relevant state) and the registration number in that register		
Where the company/firm is registered		
Registration number		

<b>E4 Non-EEA companies</b>		<p><b>Non-EEA</b> Where you have provided details of the register (including state) where the company or firm is registered, you must also provide its number in that register.</p>
Please give details of the legal form of the corporate body or firm and the law by which it is governed. If applicable, please also give details of the register in which it is entered (including the state) and its registration number in that register		
Legal form of the corporate body or firm		
Governing law		
If applicable, where the company/firm is registered		
If applicable, the registration number		

### Part 3 Statement of capital <sup>o</sup>

Does your company have share capital?  
 → Yes Complete the sections below and the following Part 4  
 → No Go to Part 5 (Signature)

<sup>o</sup> This should reflect the company's capital status at the made up date of this annual return

#### F1 Share capital in pound sterling (£)

Please complete the table below to show each class of shares held in pound sterling  
 If all your issued capital is in sterling, only complete Section F1 and then go to Section F4

Class of shares (E g Ordinary/Preference etc)	Amount paid up on each share <sup>2</sup>	Amount (if any) unpaid on each share <sup>2</sup>	Number of shares <sup>3</sup>	Aggregate nominal value <sup>4</sup>
Ordinary	1	0	1	£ 1
Ordinary A	1	0	1	£ 1
				£
				£
<b>Totals</b>			<b>2</b>	<b>£ 2</b>

#### F2 Share capital in other currencies

Please complete the table below to show any class of shares held in other currencies  
 Please complete a separate table for each currency

Currency	Class of shares (E g Ordinary/Preference etc)	Amount paid up on each share <sup>2</sup>	Amount (if any) unpaid on each share <sup>2</sup>	Number of shares <sup>3</sup>	Aggregate nominal value <sup>4</sup>
<b>Totals</b>					

Currency	Class of shares (E g Ordinary/Preference etc)	Amount paid up on each share <sup>2</sup>	Amount (if any) unpaid on each share <sup>2</sup>	Number of shares <sup>3</sup>	Aggregate nominal value <sup>4</sup>
<b>Totals</b>					

#### F3 Totals

Please give the total number of shares and total aggregate nominal value of issued share capital

Total number of shares

Total aggregate nominal value <sup>5</sup>

<sup>5</sup> Total aggregate nominal value  
 Please list total aggregate values in different currencies separately For example £100 + 100 + \$10 etc

<sup>2</sup> Including both the nominal value and any share premium

<sup>3</sup> Number of shares issued multiplied by nominal value of each share

<sup>4</sup> Total number of issued shares in this class

**Continuation Pages**  
 Please use a Statement of Capital continuation page if necessary

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**F4**

**Statement of capital (Voting rights)**

Please give the prescribed particulars of rights attached to shares for each class of share shown in the statement of capital share tables in Sections F1 and F2

Class of share

**Ordinary**

Voting rights

**Members have the right to attend meetings and vote on resolutions on the basis of one vote for every share held. Each share has equal rights to receive dividends and each share is entitled to participate in a distribution arising from a winding up of the company.**

Class of share

**Ordinary A**

Voting rights

**Members have the right to attend meetings and vote on resolutions on the basis of one vote for every share held. Each share has equal rights to receive dividends and each share is entitled to participate in a distribution arising from a winding up of the company.**

Class of share

Voting rights

Class of share

Voting rights

## Part 4 Shareholders

Does your company have share capital?  
→ Yes Complete the sections below  
→ No Go to Part 5 (Signature)

① This should reflect the shareholder details at the made up date of this annual return

### G1 Traded public companies ②

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

② **Traded company definition**  
A traded company means a company any of whose shares are admitted to trading on a regulated market

### G2 List of past and present shareholders

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

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

Please tick the appropriate box below

- A full list of shareholders for a private or non-traded public company is enclosed Please complete **Section G3**, or
- 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 **Section G4**
- A list of shareholder changes is enclosed  
→ For private or non-traded public companies, please complete **Section G3**  
→ For traded public companies, please complete **Section G4**
- There were no shareholder changes in this period  
→ Go to **Part 5 (Signature)**

Please tick the appropriate box below to indicate the format of your shareholder details

- The list of shareholders is enclosed on paper
- The list of shareholders is enclosed in another format

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**G3**

**Private or non-traded public companies – list of past and present shareholders**

This section should only be completed by companies that have not traded on a regulated market at any time during the period of this return

Changes during this period 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

Please list the company shareholders in alphabetical order

Joint shareholders should be listed consecutively

**Further shareholders**

Please use a 'Private or non-traded public companies – list of past and present shareholders' continuation page if necessary

Shareholder's Name (Address not required)	Class of share	Shares or stock currently held		Shares or stock transferred (if appropriate)	
		Number of shares or amount of stock		Number of shares or amount of stock	Date of registration of transfer
Mrs Paula Elaine Lewendon	Ordinary	1			/ /
	Ordinary A	0	1		26 / 03 / 2010
					/ /
Mr Paul Jeffrey Lewendon	Ordinary A	1			/ /
					/ /
					/ /
					/ /
					/ /
					/ /
					/ /
					/ /
					/ /
					/ /

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**G4**

**Traded public companies – list of past and present shareholders**

This section should show the shareholders that hold at least 5% of any class of share(s) of the company at the date of this return. It should only be completed by public companies that have traded on a regulated market at any time during the period of this return.

Changes during this period 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.

Please list the company shareholders in alphabetical order.

Joint shareholders should be listed consecutively.

**Further shareholders**  
Please use a 'Traded public companies – list of past and present shareholders' continuation page if necessary.

Shareholder's details	Class of share	Shares or stock currently held	Shares or stock transferred (if appropriate)	
		Number of shares or amount of stock	Number of shares or amount of stock	Date of registration of transfer
Name				/ /
Address				/ /
				/ /
Name				/ /
Address				/ /
				/ /
Name				/ /
Address				/ /
				/ /
Name				/ /
Address				/ /
				/ /

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**Part 5 Signature**

This must be completed by all companies

I am signing this form on behalf of the company

Signature

Signature

X *P. Ellwender.* X

This form may be signed by  
Director <sup>1</sup>, Secretary, Person authorised <sup>2</sup>, Charity commission receiver and  
manager, CIC manager, Judicial factor

**1 Societas Europaea**

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

**2 Person authorised**

Under either section 270 or 274 of the Companies Act 2006

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## Annual Return

### 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

Company name **hilton sharp & clarke**

Address **30 New Road**

Post town **Brighton**

County/Region **East Sussex**

Postcode 

<b>B</b>	<b>N</b>	<b>1</b>	<b>1</b>	<b>B</b>	<b>N</b>
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Country **United Kingdom**

DX **36699**

Telephone **01273 324163**

### Checklist

We may return 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 completed your principal business activity
- You have not used this form to make changes to the registered office address
- You have not used this form to make changes to secretary and director details
- You have fully completed the Statement of capital (if applicable)
- You have signed the form
- You have enclosed the correct fee

### Important information

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

### How to pay

A fee of £30 is payable to Companies House in respect of an Annual Return

Make cheques or postal orders payable to 'Companies House'

### 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**  
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

### Further information

For further information, please see the guidance notes on the website at [www.companieshouse.gov.uk](http://www.companieshouse.gov.uk) or email [enquiries@companieshouse.gov.uk](mailto: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](http://www.companieshouse.gov.uk)