



*Companies House*  
— for the record —

**AR01** (ef)

**Annual Return**



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*Company Name:* **OPTIMUM STRENGTH & CONDITIONING LIMITED**

*Company Number:* **07800725**

*Date of this return:* **06/10/2012**

*SIC codes:* **96040**

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

*Situation of Registered Office:* **C/O MDP ACCOUNTANCY SERVICES LLP 12TH FLOOR,  
BROADGATE TOWER  
20 PRIMROSE STREET  
LONDON  
LONDON  
ENGLAND  
EC2A 2EW**

**Officers of the company**

*Company Director* **1**

*Type:* **Person**

*Full forename(s):* **CONRAD**

*Surname:* **O'HAGAN**

*Former names:*

*Service Address:* **5 2 DOVE ROAD  
LONDON  
LONDON  
ENGLAND  
N1 3PL**

*Country/State Usually Resident:* **ENGLAND**

*Date of Birth:* **13/05/1984** *Nationality:* **IRISH**

*Occupation:* **STRENGTH & CONDITIONING  
COACH**

## Statement of Capital (Share Capital)

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<b>Class of shares</b>	<b>ORDINARY GBP SHARES</b>	<i>Number allotted</i>	<b>1</b>
		<i>Aggregate nominal value</i>	<b>1</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>1</b>
		<i>Amount unpaid per share</i>	<b>0</b>

*Prescribed particulars*

**FULL RIGHTS WITH REGARDS TO VOTING, PARTICIPATION AND DIVIDENDS.**

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## Statement of Capital (Totals)

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<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>1</b>
		<i>Total aggregate nominal value</i>	<b>1</b>

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## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 06/10/2012 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* : **1 ORDINARY GBP SHARES shares held as at the date of this return**  
*Name:* **CONRAD O'HAGAN**

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## *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

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