



Companies House
— for the record —

AR01 (ef)

Annual Return



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Received for filing in Electronic Format on the: **24/09/2013**

Company Name: **DYNAMICS HEALTH & FITNESS LTD**

Company Number: **08226195**

Date of this return: **24/09/2013**

SIC codes: **93130**

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

Situation of Registered Office: **ROEBUCK HOUSE 16 SOMERSET WAY
IVER
BUCKINGHAMSHIRE
UNITED KINGDOM
SL0 9AF**

Officers of the company

Company Secretary 1

Type: **Person**
Full forename(s): **MARTIN ANTHONY**

Surname: **ROWLAND**

Former names:

Service Address recorded as Company's registered office

Company Director 1

Type: **Person**
Full forename(s): **MR MARTIN ANTHONY**

Surname: **ROWLAND**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **ENGLAND**

Date of Birth: **09/05/1972** Nationality: **BRITISH**
Occupation: **PROPERTY DEVELOPER**

Company Director 2

Type: **Person**

Full forename(s): **THOMAS ALBERT**

Surname: **ROWLAND**

Former names:

Service Address recorded as Company's registered office

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

Date of Birth: **19/06/1950**

Nationality: **BRITISH**

Occupation: **COMPANY DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY 'A'	<i>Number allotted</i>	50
		<i>Aggregate nominal value</i>	50
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0

Prescribed particulars

THE ORDINARY SHARES WILL HAVE FULL RIGHTS IN THE COMPANY WITH REGARD TO VOTING, DIVIDEND AND CAPITAL DISTRIBUTION. A DIVIDEND MAY BE PAID IN RESPECT OF THIS CLASS OF SHARE TO THE EXCLUSION OF ANY OTHER CLASS OF SHARE CURRENTLY IN ISSUE. WHERE A DIVIDEND IS DECLARED IN RESPECT OF ALL CLASSES OF SHARE THE COMPANY MAY, BY ORDINARY RESOLUTION, DIFFERENTIATE BETWEEN THIS AND ANY OR ALL OTHER CLASSES AS TO THE AMOUNT OR PERCENTAGE OF DIVIDEND PAYABLE, BUT BY DEFAULT THE SHARES IN THIS CLASS SHALL BE DEEMED TO RANK PARI PASSU WITH ANY OTHER SHARE CLASS CURRENTLY IN ISSUE, UNLESS THE RIGHTS ATTACHED TO SUCH OTHER CLASS SPECIFY OTHERWISE.

Class of shares	ORDINARY 'B';	<i>Number allotted</i>	50
		<i>Aggregate nominal value</i>	50
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0

Prescribed particulars

EACH SHARE IS ENTITLED TO ONE VOTE IN ANY CIRCUMSTANCES

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	100
		<i>Total aggregate nominal value</i>	100

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 24/09/2013 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

<i>Shareholding 1</i>	: 0 ORDINARY shares held as at the date of this return
	100 shares transferred on 2012-09-24
<i>Name:</i>	WOODBERRY SECRETARIAL LIMITED
<i>Shareholding 2</i>	: 25 ORDINARY 'A' shares held as at the date of this return
<i>Name:</i>	MARTIN ANTHONY ROWLAND
<i>Shareholding 3</i>	: 25 ORDINARY 'A' shares held as at the date of this return
<i>Name:</i>	THOMAS ROWLAND
<i>Shareholding 4</i>	: 25 ORDINARY 'B; shares held as at the date of this return
<i>Name:</i>	THOMAS MARK ROWLAND
<i>Shareholding 5</i>	: 25 ORDINARY 'B; shares held as at the date of this return
<i>Name:</i>	BILLY ALBERT JOHN ROWLAND

Authorisation

Authenticated

This form was authorised by one of the following:

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