



Companies House

CS01_(ef)

Confirmation Statement

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

Company Number: **08226195**



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

Company Number: **08226195**

Confirmation **24/09/2016**

Statement date:

Statement of Capital (Share Capital)

Class of Shares:	ORDINARY	Number allotted	50
	'A'	Aggregate nominal value:	50
Currency:	GBP		

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	Number allotted	50
	'B';	Aggregate nominal value:	50
Currency:	GBP		

Prescribed particulars

EACH SHARE IS ENTITLED TO ONE VOTE IN ANY CIRCUMSTANCES

Statement of Capital (Totals)

Currency:	GBP	Total number of shares:	100
		Total aggregate nominal value:	100
		Total aggregate amount unpaid:	0

Full details of Shareholders

The details below relate to individuals/corporate bodies that were shareholders during the review period or that had ceased to be shareholders since the date of the previous confirmation statement.

A full list of shareholders for a non-traded company are shown below

Shareholding 1: **25 ORDINARY 'A' shares held as at the date of this confirmation statement**

Name: **MARTIN ANTHONY ROWLAND**

Shareholding 2: **25 transferred on 2015-11-20
0 ORDINARY 'A' shares held as at the date of this confirmation statement**

Name: **THOMAS ROWLAND**

Shareholding 3: **25 ORDINARY 'B'; shares held as at the date of this confirmation statement**

Name: **THOMAS MARK ROWLAND**

Shareholding 4: **25 ORDINARY 'B'; shares held as at the date of this confirmation statement**

Name: **BILLY ALBERT JOHN ROWLAND**

Shareholding 5: **25 ORDINARY 'A' shares held as at the date of this confirmation statement**

Name: **MRS J A ROWLAND**

Persons with Significant Control (PSC)

PSC Statements

The company knows or has reasonable cause to believe that there is no registrable person or registrable relevant legal entity in relation to the company.

Confirmation Statement

I confirm that all information required to be delivered by the company to the registrar in relation to the confirmation period concerned either has been delivered or is being delivered at the same time as the confirmation statement

Authorisation

Authenticated

This form was authorised by one of the following:

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