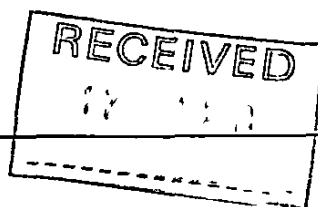


SH01

Return of allotment of shares



DIGITA

You can use the WebFiling service to file this form online
Please go to www.companieshouse.gov.uk

✓ What this form is for
You may use this form to give
notice of shares allotted following
incorporation

✗ What this form is NOT for
You cannot use this form to
give notice of shares taken by
subsequent formation of the company
for an allotment of a new class of
shares by an unlimited company



A04 *A2LKIXR4* 20/11/2013 #69
COMPANIES HOUSE

1 Company details

Company number 8 4 0 9 3 5 4
Company name in full HEALTH & PERFORMANCE CONDITIONING LIMITED

→ Filling in this form
Please complete in typescript or in
bold black capitals

All fields are mandatory unless
specified or indicated by *

2 Allotment dates

From Date d 1 d 9 m 0 m 2 y 2 y 0 y 1 y 3
To Date d d m m y y y y

① Allotment date
If all shares were allotted on the
same day enter that date in the
'from date' box. If shares were
allotted over a period of time,
complete both 'from date' and 'to
date' boxes

3 Shares allotted

Please give details of the shares allotted, including bonus shares

② Currency
If currency details are not
completed we will assume currency
is in pound sterling

Class of shares (E.g. Ordinary/Preference etc.)	Currency ②	Number of shares allotted	Nominal value of each share	Amount paid (including share premium)	Amount (if any) unpaid (including share premium)
ORDINARY £1	GBP	100	1	1 00	0 00

If the allotted shares are fully or partly paid up otherwise than in cash, please
state the consideration for which the shares were allotted

Details of non-cash
consideration
If a PLC, please attach
valuation report (if
appropriate)

SH01

Return of allotment of shares

Statement of capital

Section 4 (also Section 5 and Section 6, if appropriate) should reflect the company's issued capital at the date of this return

4 Statement of capital (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 4 and then go to Section 7

Class of shares (E.g. Ordinary/Preference etc.)	Amount paid up on each share ①	Amount (if any) unpaid on each share ①	Number of shares ②	Aggregate nominal value ③
ORDINARY £1	1 00	0 00	100	£ 100 00
				£
				£
				£
Totals			100	£ 100 00

5 Statement of capital (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 ①	Amount (if any) unpaid on each share ①	Number of shares ②	Aggregate nominal value ③
Totals				

Currency

Class of shares (E.g. Ordinary/Preference etc.)	Amount paid up on each share ①	Amount (if any) unpaid on each share ①	Number of shares ②	Aggregate nominal value ③
Totals				

6 Statement of capital (Totals)

Please give the total number of shares and total aggregate nominal value of issued share capital		③ Total aggregate nominal value Please list total aggregate values in different currencies separately. For example £100 + €100 + \$10 etc
Total number of shares	100	
Total aggregate nominal value ③	100 00	

① Including both the nominal value and any share premium

② E.g. Number of shares issued multiplied by nominal value of each share

③ Total number of issued shares in this class

Continuation Pages

Please use a Statement of Capital continuation page if necessary

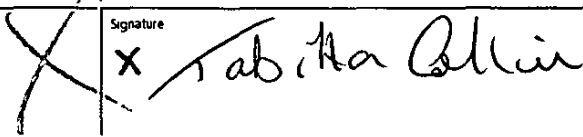
SH01

Return of allotment of shares

7 Statement of capital (Prescribed particulars of rights attached to shares)

Please give the prescribed particulars of rights attached to shares for each class of share shown in the statement of capital share tables in Section 4 and Section 5		Prescribed particulars of rights attached to shares The particulars are a particulars of any voting rights, including rights that arise only in certain circumstances, b particulars of any rights, as respects dividends, to participate in a distribution, c particulars of any rights, as respects capital, to participate in a distribution (including on winding up), and d whether the shares are to be redeemed or are liable to be redeemed at the option of the company or the shareholder and any terms or conditions relating to redemption of these shares A separate table must be used for each class of share Continuation page Please use a Statement of Capital continuation page if necessary
Class of share	ORDINARY £1	
Prescribed particulars ①	(SEE CONTINUATION)	
Class of share		
Prescribed particulars ①		
Class of share		
Prescribed particulars ①		

8 Signature

I am signing this form on behalf of the company		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 Person authorised Under either section 270 or 274 of the Companies Act 2006
Signature	Signature 	
This form may be signed by Director ②, Secretary, Person authorised ③, Administrator, Administrative receiver, Receiver, Receiver manager, CIC manager		

SH01

Return of allotment of shares



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 **MARKS BLOOM**

Address **60/62 OLD LONDON ROAD**

Post town **KINGSTON UPON THAMES**

County/Region **SURREY**

Postcode

K T 2 6 Q Z

Country **ENGLAND**

DX **999525 KINGSTON UPON THAMES**

Telephone **020 8549 9951**



Checklist

We may return the 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 shown the date(s) of allotment in section 2
- ☐ You have completed all appropriate share details in section 3
- ☐ You have completed the appropriate sections of the Statement of Capital
- ☐ You have signed the form



Important information

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



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 or email 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

SH01 - continuation page

Return of allotment of shares

7 Statement of capital (Prescribed particulars of rights attached to shares)

Class of share	ORDINARY £1
Prescribed particulars	<p>THE COMPANIES ACT 2006</p> <p>COMPANIES (MODEL ARTICLES) REGULATIONS 2008</p> <p>MODEL ARTICLES FOR PRIVATE COMPANIES LIMITED BY SHARES</p> <p>INDEX TO THE ARTICLES</p> <p>PART 1</p> <p>INTERPRETATION AND LIMITATION OF LIABILITY</p> <p>1 DEFINED TERMS</p> <p>2 LIABILITY OF MEMBERS</p> <p>PART 2</p> <p>DIRECTORS</p> <p>DIRECTORS' POWERS AND RESPONSIBILITIES</p> <p>3 DIRECTORS' GENERAL AUTHORITY</p> <p>4 SHAREHOLDERS' RESERVE POWER</p> <p>5 DIRECTORS MAY DELEGATE</p> <p>6 COMMITTEES</p> <p>DECISION-MAKING BY DIRECTORS</p> <p>7 DIRECTORS TO TAKE DECISIONS COLLECTIVELY</p> <p>8 UNANIMOUS DECISIONS</p> <p>9 CALLING A DIRECTORS' MEETING</p> <p>10 PARTICIPATION IN DIRECTORS' MEETINGS</p> <p>11 QUORUM FOR DIRECTORS' MEETINGS</p> <p>12 CHAIRING OF DIRECTORS' MEETINGS</p> <p>13 CASTING VOTE</p> <p>14 CONFLICTS OF INTEREST</p> <p>15 RECORDS OF DECISIONS TO BE KEPT</p> <p>16 DIRECTORS' DISCRETION TO MAKE FURTHER RULES</p> <p>APPOINTMENT OF DIRECTORS</p> <p>17 METHODS OF APPOINTING DIRECTORS</p> <p>18 TERMINATION OF DIRECTOR'S APPOINTMENT</p> <p>19 DIRECTORS' REMUNERATION</p> <p>20 DIRECTORS' EXPENSES</p> <p>PART 3</p> <p>SHARES AND DISTRIBUTIONS</p> <p>SHARES</p> <p>21 ALL SHARES TO BE FULLY PAID UP</p> <p>22 POWERS TO ISSUE DIFFERENT CLASSES OF SHARE</p> <p>23 COMPANY NOT BOUND BY LESS THAN ABSOLUTE INTERESTS</p> <p>24 SHARE CERTIFICATES</p> <p>25 REPLACEMENT SHARE CERTIFICATES</p> <p>26 SHARE TRANSFERS</p> <p>27 TRANSMISSION OF SHARES</p> <p>28 EXERCISE OF TRANSMITTEES' RIGHTS</p> <p>29 TRANSMITTEES BOUND BY PRIOR NOTICES</p> <p>DIVIDENDS AND OTHER DISTRIBUTIONS</p> <p>30 PROCEDURE FOR DECLARING DIVIDENDS</p> <p>31 PAYMENT OF DIVIDENDS AND OTHER DISTRIBUTIONS</p> <p>32 NO INTEREST ON DISTRIBUTIONS</p> <p>33 UNCLAIMED DISTRIBUTIONS</p> <p>34 NON-CASH DISTRIBUTIONS</p> <p>35 WAIVER OF DISTRIBUTIONS</p> <p>CAPITALISATION OF PROFITS</p> <p>36 AUTHORITY TO CAPITALISE AND APPROPRIATION OF CAPITALISED SUMS</p> <p>PART 4</p> <p>DECISION-MAKING BY SHAREHOLDERS</p> <p>ORGANISATION OF GENERAL MEETINGS</p> <p>37 ATTENDANCE AND SPEAKING AT GENERAL MEETINGS</p> <p>38 QUORUM FOR GENERAL MEETINGS</p> <p>39 CHAIRING GENERAL MEETINGS</p>