



Confirmation Statement

Company Name: **GOWER HEALTH & FITNESS SOLUTIONS LIMITED**

Company Number: **08497901**



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X650W402

Company Name: **GOWER HEALTH & FITNESS SOLUTIONS LIMITED**

Company Number: **08497901**

Confirmation **22/04/2017**

Statement date:

Sic Codes: **47910**

Principal activity **Retail sale via mail order houses or via Internet**
description:

Statement of Capital (Share Capital)

Class of Shares:	ORDINARY	Number allotted	100
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Currency:	GBP	Aggregate nominal value:	100
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Prescribed particulars

THE SHARES HAVE ATTACHED TO THEM FULL VOTING, DIVIDEND AND CAPITAL DISTRIBUTION (INCLUDING ON WINDING UP) RIGHTS; THEY DO NOT CONFER ANY RIGHTS OF REDEMPTION.

Class of Shares:	ORDINARY-	Number allotted	10
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A	Aggregate nominal value:	10
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Currency:	GBP
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Prescribed particulars

THE SHARES HAVE ATTACHED TO THEM FULL VOTING, DIVIDEND AND CAPITAL DISTRIBUTION (INCLUDING ON WINDING UP) RIGHTS; THEY DO NOT CONFER ANY RIGHTS OF REDEMPTION.

Class of Shares:	ORDINARY-	Number allotted	10
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B	Aggregate nominal value:	10
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Currency:	GBP
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Prescribed particulars

THE SHARES HAVE ATTACHED TO THEM FULL VOTING, DIVIDEND AND CAPITAL DISTRIBUTION (INCLUDING ON WINDING UP) RIGHTS; THEY DO NOT CONFER ANY RIGHTS OF REDEMPTION.

Statement of Capital (Totals)

Currency:	GBP	Total number of shares:	120
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Total aggregate nominal value:	120
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Total aggregate amount unpaid:	0
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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.

Shareholder information for a non-traded company as at the confirmation statement date is shown below

Shareholding 1: **50 ORDINARY shares held as at the date of this confirmation statement**
Name: **MARINA GOWER**

Shareholding 2: **50 transferred on 2016-12-22**
50 ORDINARY shares held as at the date of this confirmation statement
Name: **MICHAEL FRANCIS GOWER**

Shareholding 3: **10 ORDINARY-A shares held as at the date of this confirmation statement**
Name: **ANDREW MICHAEL OLAF GOWER**

Shareholding 4: **10 transferred on 2016-12-22**
0 ORDINARY-A shares held as at the date of this confirmation statement
Name: **MICHAEL FRANCIS GOWER**

Shareholding 5: **10 ORDINARY-B shares held as at the date of this confirmation statement**
Name: **EMILY MARGARET ELIZABETH GOWER**

Shareholding 6: **10 transferred on 2016-12-22**
0 ORDINARY-B shares held as at the date of this confirmation statement
Name: **MARINA GOWER**

Persons with Significant Control (PSC)

PSC notifications

Notification Details

Date that person became **06/04/2016**
registrable:

Name: **MS MARINA GOWER**

Service Address: **34 CHARLES STREET
BERKHAMSTEAD
HERTS
UNITED KINGDOM
HP4 3DH**

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

Date of Birth: ****/02/1962**

Nationality: **AUSTRALIAN**

Nature of control

The person holds, directly or indirectly, more than 25% but not more than 50% of the shares in the company.

The person holds, directly or indirectly, more than 25% but not more than 50% of the voting rights in the company.

Notification Details

Date that person became **06/04/2016**
registrable:

Name: **MR MICHAEL FRANCIS GOWER**

Service Address: **LYNWOOD HOUSE 373-375 STATION ROAD
HARROW
MIDDLESEX
UNITED KINGDOM
HA1 2AW**

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

Date of Birth: ****/05/1959**

Nationality: **BRITISH**

Nature of control

The person holds, directly or indirectly, more than 25% but not more than 50% of the shares in the company.

The person holds, directly or indirectly, more than 25% but not more than 50% of the voting rights in 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