



Companies House

**AR01** (ef)

**Annual Return**



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*Company Name:* **LINCOLNSHIRE FIT 4 WORK LIMITED**

*Company Number:* **08725533**

*Date of this return:* **09/10/2014**

*SIC codes:* **86900**

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

*Situation of Registered Office:* **HARVEST LODGE HIGH STREET, SWINESHEAD  
BOSTON  
LINCOLNSHIRE  
ENGLAND  
PE20 3LH**

**Officers of the company**

*Company Director*    ***I***

*Type:*                      **Person**

*Full forename(s):*        **MRS JANET**

*Surname:*                **GENT**

*Former names:*

*Service Address:*        **HARVEST LODGE HIGH STREET  
SWINESHEAD  
BOSTON  
LINCOLNSHIRE  
UNITED KINGDOM  
PE20 3LH**

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

*Date of Birth:*    **16/06/1964**                      *Nationality:*    **ENGLISH**

*Occupation:*    **SELF EMPLOYED**

*Company Director* 2

*Type:* **Person**

*Full forename(s):* **DR RICHARD PETER**

*Surname:* **GENT**

*Former names:*

*Service Address:* **HARVEST LODGE HIGH STREET  
SWINESHEAD  
BOSTON  
LINCOLNSHIRE  
UNITED KINGDOM  
PE20 3LH**

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

*Date of Birth:* **24/11/1960**

*Nationality:* **BRITISH**

*Occupation:* **DOCTOR**

## Statement of Capital (Share Capital)

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<b>Class of shares</b>	<b>ORDINARY A SHARES</b>	<i>Number allotted</i>	<b>75</b>
		<i>Aggregate nominal value</i>	<b>75</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid</i>	<b>0</b>
		<i>Amount unpaid</i>	<b>1</b>

### *Prescribed particulars*

**CLASS OF SHARE: A SHARES OF £1 EACH** PRESCRIBED PARTICULARS: (A) UNDER SECTIONS 284 AND 285 OF THE COMPANIES ACT 2006 (AS AMENDED) EACH SHARE CARRIES ONE VOTE ON A WRITTEN RESOLUTION; ON A VOTE ON A RESOLUTION ON A SHOW OF HANDS AT A MEETING, EACH MEMBER PRESENT IN PERSON (AND EVERY PROXY PRESENT WHO HAS BEEN DULY APPOINTED BY ONE OR MORE MEMBERS ENTITLED TO VOTE ON THE RESOLUTION) HAS ONE VOTE (BUT A PROXY HAS ONE VOTE FOR AND ONE VOTE AGAINST THE RESOLUTION IF THE PROXY HAS BEEN DULY APPOINTED BY MORE THAN ONE MEMBER ENTITLED TO VOTE ON THE RESOLUTION, AND THE PROXY HAS BEEN INSTRUCTED BY ONE OR MORE OF THOSE MEMBERS TO VOTE FOR THE RESOLUTION AND BY ONE OR MORE OTHER OF THOSE MEMBERS TO VOTE AGAINST); AND, ON A VOTE ON A RESOLUTION ON A POLL TAKEN AT A MEETING, EVERY MEMBER HAS ONE VOTE IN RESPECT OF EACH SHARE HELD BY HIM (ALL OR ANY OF THE VOTING RIGHTS OF A MEMBER MAY BE EXERCISED BY ONE OR MORE DULY APPOINTED PROXIES BUT WHERE A MEMBER APPOINTS MORE THAN ONE PROXY, THIS DOES NOT AUTHORISE THE EXERCISE BY THE PROXIES TAKEN TOGETHER OF MORE EXTENSIVE VOTING RIGHTS THAN COULD BE EXERCISED BY THE MEMBER IN PERSON). (B) THE SHARES ALL RANK PARI PASSU (WITH THE B SHARES) AS RESPECTS DIVIDEND DISTRIBUTIONS. BUT A DIVIDEND OR DIVIDENDS MAY BE DECLARED (OR PAID AS INTERIM DIVIDENDS) ON ONE OR SEVERAL CLASSES OF SHARES TO THE EXCLUSION OF ANY CLASS OR CLASSES AND DIVIDENDS AT DIFFERENT RATES MAY BE DECLARED ON THE RESPECTIVE CLASSES OF SHARES. (C) THE SHARES ALL RANK PARI PASSU AS RESPECTS CAPITAL DISTRIBUTIONS MADE OTHER THAN ON A WINDING UP; ON A WINDING UP EACH SHARE CARRIES THE RIGHT TO A REPAYMENT OF CAPITAL OF UP TO £1 PAID UP CAPITAL AND THE SHARES ALL RANK PARI PASSU AS RESPECTS DISTRIBUTIONS OF ANY SURPLUS REMAINING AFTER ALL SUCH CAPITAL HAS BEEN REPAID. (D) THE SHARES ARE NOT REDEEMABLE.

<b>Class of shares</b>	<b>ORDINARY B SHARES</b>	<i>Number allotted</i>	<b>25</b>
		<i>Aggregate nominal value</i>	<b>25</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid</i>	<b>0</b>
		<i>Amount unpaid</i>	<b>1</b>

*Prescribed particulars*

**CLASS OF SHARE: B SHARES OF £1 EACH PRESCRIBED PARTICULARS: (A) UNDER SECTIONS 284 AND 285 OF THE COMPANIES ACT 2006 (AS AMENDED) EACH SHARE CARRIES ONE VOTE ON A WRITTEN RESOLUTION; ON A VOTE ON A RESOLUTION ON A SHOW OF HANDS AT A MEETING, EACH MEMBER PRESENT IN PERSON (AND EVERY PROXY PRESENT WHO HAS BEEN DULY APPOINTED BY ONE OR MORE MEMBERS ENTITLED TO VOTE ON THE RESOLUTION) HAS ONE VOTE (BUT A PROXY HAS ONE VOTE FOR AND ONE VOTE AGAINST THE RESOLUTION IF THE PROXY HAS BEEN DULY APPOINTED BY MORE THAN ONE MEMBER ENTITLED TO VOTE ON THE RESOLUTION, AND THE PROXY HAS BEEN INSTRUCTED BY ONE OR MORE OF THOSE MEMBERS TO VOTE FOR THE RESOLUTION AND BY ONE OR MORE OTHER OF THOSE MEMBERS TO VOTE AGAINST); AND, ON A VOTE ON A RESOLUTION ON A POLL TAKEN AT A MEETING, EVERY MEMBER HAS ONE VOTE IN RESPECT OF EACH SHARE HELD BY HIM (ALL OR ANY OF THE VOTING RIGHTS OF A MEMBER MAY BE EXERCISED BY ONE OR MORE DULY APPOINTED PROXIES BUT WHERE A MEMBER APPOINTS MORE THAN ONE PROXY, THIS DOES NOT AUTHORISE THE EXERCISE BY THE PROXIES TAKEN TOGETHER OF MORE EXTENSIVE VOTING RIGHTS THAN COULD BE EXERCISED BY THE MEMBER IN PERSON). (B) THE SHARES ALL RANK PARI PASSU (WITH THE A SHARES) AS RESPECTS DIVIDEND DISTRIBUTIONS. BUT A DIVIDEND OR DIVIDENDS MAY BE DECLARED (OR PAID AS INTERIM DIVIDENDS) ON ONE OR SEVERAL CLASSES OF SHARES TO THE EXCLUSION OF ANY CLASS OR CLASSES AND DIVIDENDS AT DIFFERENT RATES MAY BE DECLARED ON THE RESPECTIVE CLASSES OF SHARES. (C) THE SHARES ALL RANK PARI PASSU (WITH THE A SHARES) AS RESPECTS CAPITAL DISTRIBUTIONS MADE OTHER THAN ON A WINDING UP; ON A WINDING UP EACH SHARE CARRIES THE RIGHT TO A REPAYMENT OF CAPITAL OF UP TO £1 PAID UP CAPITAL AND THE SHARES ALL RANK PARI PASSU (WITH THE A SHARES) AS RESPECTS DISTRIBUTIONS OF ANY SURPLUS REMAINING AFTER ALL SUCH CAPITAL HAS BEEN REPAID. (D) THE SHARES ARE NOT REDEEMABLE.**

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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>100</b>
		<i>Total aggregate nominal value</i>	<b>100</b>

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## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 09/10/2014 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* : **75 ORDINARY A SHARES** shares held as at the date of this return  
*Name:* JANET GENT

*Shareholding 2* : **25 ORDINARY B SHARES** shares held as at the date of this return  
*Name:* RICHARD PETER GENT

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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.