Companies House

AR01 (ef)

Annual Return

Received for filing in Electronic Format on the: **29/10/2014**

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Company Name:	**24 FIT AND NUTRITION CLUB LIMITED**
Company Number:	**08746762**
Date of this return:	**24/10/2014**
SIC codes:	**82990**
Company Type:	**Private company limited by shares**
Situation of Registered Office:	**UNIT 3 GATEWAY MEWS** **LONDON** **UNITED KINGDOM** **N11 2UT**

Officers of the company

Company Director 1

Type: **Person**

Full forename(s): **MR DOUGLAS ALAN**

Surname: **FREEDMAN**

Former names:

Service Address: **11 KENDAL AVENUE**
EPPING
ENGLAND
CM16 4PW

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

Date of Birth: **25/05/1974** *Nationality:* **BRITISH**

Occupation: **PROFESSIONAL FOOTBALL COACH**

Company Director 2

Type: **Person**

Full forename(s): **MR KEVIN ANDREW**

Surname: **GALLEN**

Former names:

Service Address: **4 FARM CRESCENT**
NAPSBURY PARK
ST. ALBANS
ENGLAND
AL2 1UQ

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

Date of Birth: **21/09/1975** *Nationality:* **BRITISH**

Occupation: **FOOTBALL COACH**

Company Director 3

Type: **Person**

Full forename(s): **MR GAVIN HARRY**

Surname: **HEEROO**

Former names:

Service Address: **105 DOWNHILLS WAYS**
WOOD GREEN
LONDON
ENGLAND
N17 6AJ

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

Date of Birth: **02/09/1984** *Nationality:* **BRITISH**

Occupation: **PERSONAL TRAINER**

Company Director 4

Type: **Person**

Full forename(s): **MR NICHOLAS**

Surname: **LINGIS**

Former names:

Service Address: **109 VILLAGE ROAD**
BUSH HILL PARK
ENFIELD
ENGLAND
EN1 2EZ

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

Date of Birth: **18/01/1982** *Nationality:* **BRITISH**

Occupation: **MECHANIC**

Statement of Capital (Share Capital)

Class of shares	**ORDINARY**	*Number allotted*	**100**
		Aggregate nominal value	**100**
Currency	**GBP**	*Amount paid per share*	**1**
		Amount unpaid per share	**0**

Prescribed particulars

ORDINARY SHARES WITH EACH SHARE BEING ENTITLED TO ONE VOTE IN ANY CIRCUMSTANCES AND PARI PASSU TO DIVIDEND PAYMENTS, EACH SHARE IS ENTITLED TO PARTICIPATE IN A DISTRIBUTION ARISING FROM A WINDING UP OF THE COMPANY

Statement of Capital (Totals)

Currency	**GBP**	*Total number of shares*	**100**
		Total aggregate nominal value	**100**

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 24/10/2014 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 : **25 ORDINARY shares held as at the date of this return**
Name: **GAVIN HEEROO**

Shareholding 2 : **25 ORDINARY shares held as at the date of this return**
Name: **KEVIN GALLEN**

Shareholding 3 : **25 ORDINARY shares held as at the date of this return**
Name: **NICHOLAS LINGIS**

Shareholding 4 : **25 ORDINARY shares held as at the date of this return**
Name: **DOUGLAS ALLAN FREEDMAN**

Authorisation

Authenticated

This form was authorised by one of the following:

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