



Companies House

AR01 (ef)

Annual Return



Received for filing in Electronic Format on the: **14/11/2015**

X4K5J2SY

Company Name: **5 A DAY SALES CONSULTANCY LIMITED**

Company Number: **09237138**

Date of this return: **26/09/2015**

SIC codes: **70229**

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

Situation of Registered Office: **105 GROUND FLOOR 105 MAIN STREET
FRODSHAM
CHESHIRE
UNITED KINGDOM
WA6 7AB**

Officers of the company

Company Director **1**

Type: **Person**
Full forename(s): **MR JOHN FRANK**

Surname: **HOLTON**

Former names:

Service Address recorded as Company's registered office

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

Date of Birth: ****/01/1963** *Nationality:* **BRITISH**

Occupation: **CONSULTANT**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	1
		<i>Aggregate nominal value</i>	1
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	0

Prescribed particulars

EACH SHARE HAS FULL RIGHTS IN THE COMPANY WITH RESPECT TO VOTING, DIVIDENDS AND DISTRIBUTIONS.

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	1
		<i>Total aggregate nominal value</i>	1

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 26/09/2015 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 : **1 ORDINARY shares held as at the date of this return**
Name: **JOHN FRANK HOLTON**

Authorisation

Authenticated

This form was authorised by one of the following:

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