



SH01

Return of allotment of shares



Companies House



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✓ **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 on formation of the company for an allotment of a new share by an unlimited

SATURDAY



A9JQ7914

A11

12/12/2020

#8

COMPANIES HOUSE

1 Company details

Company number 1 1 9 0 8 5 9 5
Company name in full GLOBAL FITNESS HOLDINGS 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 3 1 0 8 2 0 2 0
To Date 1 2 1 0 2 0 2 0

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.
(Please use a continuation page if necessary.)

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

| Currency ② | Class of shares (E.g. Ordinary/Preference etc.) | Number of shares allotted | Nominal value of each share | Amount paid (including share premium) on each share | Amount (if any) unpaid (including share premium) on each share |
|------------|--|------------------------------|--------------------------------|--|---|
| GBP | ORDINARY | 102 | 1 | 2000 | 0.00 |
| GBP | ORDINARY | 14 | 1 | 1 | 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.

Continuation page
Please use a continuation page if necessary.

Details of non-cash
consideration.

If a PLC, please attach
valuation report (if
appropriate)

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Statement of capital

Complete the table(s) below to show the issued share capital at the date to which this return is made up.

Complete a separate table for each currency (if appropriate). For example, add pound sterling in 'Currency table A' and Euros in 'Currency table B'.

Please use a Statement of Capital continuation page if necessary.

| Currency Complete a separate table for each currency | Class of shares E.g. Ordinary/Preference etc. | Number of shares | Aggregate nominal value (£, €, \$, etc.) Number of shares issued multiplied by nominal value | Total aggregate amount unpaid, if any (£, €, \$, etc) Including both the nominal value and any share premium |
|--|--|------------------|---|---|
| Currency table A | | | | |
| GBP | ORDINARY | 1293 | 1293 | |
| | | | | |
| | | | | |
| | | Totals | 1293 | 0.00 |

| | | | | |
|-------------------------|--|---------------|--|--|
| Currency table B | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | Totals | | |

| | | | | |
|-------------------------|--|---------------|--|--|
| Currency table C | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | Totals | | |

| | | | | |
|--|--|------------------------|---------------------------------|---------------------------------|
| Totals (including continuation pages) | | Total number of shares | Total aggregate nominal value ❶ | Total aggregate amount unpaid ❶ |
| | | 1293 | 1293 | 0.00 |

❶ Please list total aggregate values in different currencies separately.
For example: £100 + €100 + \$10 etc.

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5**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 share capital tables in Section 4.

Class of share

ORDINARY

Prescribed particulars
0

FULL RIGHTS REGARDING VOTING, PAYMENT OF DIVIDENDS AND DISTRIBUTIONS.

0 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.

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

Prescribed particulars
0


Class of share

Prescribed particulars
0**6****Signature**

I am signing this form on behalf of the company.

Signature

Signature

X  X**0 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.

0 Person authorised

Under either section 270 or 274 of the Companies Act 2006.

This form may be signed by:

Director 0, Secretary, Person authorised 0, Administrator, Administrative receiver, Receiver, Receiver manager, CIC manager.

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**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 | Harry Glasstone | | | | | |
| Company name | Complete Accounting Solutions | | | | | |
| Address | 727- 729 High Road | | | | | |
| Post town | London | | | | | |
| County/Region | | | | | | |
| Postcode | N | 1 | 2 | 0 | B | P |
| Country | UK | | | | | |
| DX | | | | | | |
| Telephone | 0208 452 0634 | | | | | |

**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 relevant 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.gov.uk/companieshouse or email enquiries@companieshouse.gov.uk

This form is available in an alternative format. Please visit the forms page on the website at www.gov.uk/companieshouse