



Companies House
— for the record —

AR01 (ef)

Annual Return



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Company Name: **12 WEEK PHYSIQUE LIMITED**

Company Number: **NI613585**

Date of this return: **16/07/2013**

SIC codes: **99999**

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

Situation of Registered Office: **19 ARTHUR STREET
BELFAST
NORTHERN IRELAND
BT1 4GA**

Officers of the company

Company Director **1**

Type: **Person**
Full forename(s): **MR PAUL MICHAEL**

Surname: **MCILROY**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **NORTHERN IRELAND**

Date of Birth: **02/07/1980** *Nationality:* **IRISH**
Occupation: **DIRECTOR**

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>	1
		<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 16/07/2013 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: **PAUL MCILROY**

Authorisation

Authenticated

This form was authorised by one of the following:

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