



**Companies House**  
— for the record —

**AR01** (ef)

**Annual Return**



Received for filing in Electronic Format on the: **08/03/2012**

**X14AEIUH**

*Company Name:* **ABERDEEN HEALTH AND FITNESS LIMITED**

*Company Number:* **SC216786**

*Date of this return:* **02/03/2012**

*SIC codes:* **93199**

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

*Situation of Registered Office:* **12-16 ALBYN PLACE  
ABERDEEN  
AB10 1PS**

**Officers of the company**

## *Company Secretary 1*

*Type:* **Corporate**

*Name:* **RAEBURN CHRISTIE CLARK & WALLACE**

*Registered or  
principal address:* **12-16 ALBYN PLACE  
ABERDEEN  
UNITED KINGDOM  
AB10 1PS**

## *Non European Economic Area (EEA) Company*

*Legal Form:* **SCOTTISH PARTNERSHIP (UNLIMITED)**

*Law Governed:* **SCOTS LAW**

*Register Location:*

*Registration Number:*

---

*Company Director*    **1**

*Type:*                      **Person**

*Full forename(s):*        **CHRISTOPHER RICHARD**

*Surname:*                **ATKINSON**

*Former names:*

*Service Address:*        **25 KILDRUMMY ROAD  
ABERDEEN  
UNITED KINGDOM  
AB15 8HJ**

*Country/State Usually Resident:*    **SCOTLAND**

*Date of Birth:*    **15/09/1975**                      *Nationality:*    **BRITISH**

*Occupation:*    **PERSONAL FITNESS TRAINER**

-----

*Company Director* 2

*Type:* **Person**  
*Full forename(s):* **JOHN SPENCER**

*Surname:* **ATKINSON**

*Former names:*

*Service Address:* **27 SALISBURY TERRACE  
ABERDEEN  
ABERDEENSHIRE  
AB10 6QG**

*Country/State Usually Resident:* **SCOTLAND**

*Date of Birth:* **16/05/1950** *Nationality:* **BRITISH**  
*Occupation:* **ADMINISTRATOR**

## Statement of Capital (Share Capital)

---

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

### *Prescribed particulars*

**EACH SHARE CARRIES A RIGHT TO ONE VOTE, RECEIVE DIVIDENDS AND TO PARTICIPATE IN THE DISTRIBUTION OF ASSETS ON A WINDING UP**

---

## Statement of Capital (Totals)

---

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

---

## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 02/03/2012 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:* **CHRISTOPHER RICHARD ATKINSON**

---

## *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

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