



Companies House
— for the record —

AR01 (ef)

Annual Return

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Company Name: ABSOLUTE SPORTS NUTRITION LTD

Company Number: 07189425

Date of this return: 15/03/2011

SIC codes: 9999

Company Type: Private company limited by shares

Situation of Registered Office:
110 EAST STREET
DOE LEA
CHESTERFIELD
DERBYSHIRE
ENGLAND
S44 5DL

Officers of the company

Company Director **1**

Type: **Person**
Full forename(s): **MR ANDREW**

Surname: **SHEPHERD**

Former names:

Service Address: **110 EAST STREET
DOE LEA
CHESTERFIELD
DERBYSHIRE
UNITED KINGDOM
S44 5DL**

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

Date of Birth: **12/04/1984** *Nationality:* **BRITISH**

Occupation: **APPLIED SPORTS NUTRITIONIST**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	10
		<i>Aggregate nominal value</i>	10
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0

Prescribed particulars

ALL SHARE HOLDERS ARE ENTITLED TO VOTE ON ALL RESOLUTIONS PUT TO THE VOTE DURING GENERAL MEETINGS. ALL SHARES ARE CONSIDERED EQUAL FOR VOTING PURPOSES. EACH SHARE HELD EQUATES TO ONE VOTE.

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	10
		<i>Total aggregate nominal value</i>	10

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 15/03/2011 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for a private or non-traded public company are shown below

Shareholding 1 : 10 ORDINARY shares held as at 2011-03-15
Name: ANDREW SHEPHERD

Authorisation

Authenticated

This form was authorised by one of the following:

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