



*Companies House*  
— for the record —

# AR01 (ef)

## Annual Return



X15AOW5K

Received for filing in Electronic Format on the: 23/03/2012

---

*Company Name:* ABSOLUTE SPORTS NUTRITION LTD

*Company Number:* 07189425

*Date of this return:* 15/03/2012

*SIC codes:* 99999

*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)

---

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>10</b>
		<i>Aggregate nominal value</i>	<b>10</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*

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

---

### *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 15/03/2012 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* : **10 ORDINARY shares held as at the date of this return**  
*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.