In accordance with Section 854 of the Companies Act 2006

# AR01

# **Annual Return**



107140-70

A fee is payable with this form Please see 'How to pay' on the last page

You can use the WebFiling service to file this form online. Please go to www companieshouse gov uk

What this form is for

You may use this form to confirm that the company information is correct as at the date of this return You must file an Annual Return at

X What this form is NOT for You cannot use this form to gi notice of changes to the comp officers, registered office addr company type or information



	least once every year	relating to the company recor	A20 20/03/2010 147 COMPANIES HOUSE
Part 1	Company details		
	The section must be completed	d by all companies	→ Filling in this form Please complete in typescript or in bold black capitals
			All fields are mandatory unless specified or indicated by *
A1	Company details		
Company number	0539133	8	Company name change     If your company has recently
Company name in full	COUPLANDS CA	RAVANS LIMITED	changed its name, please provide the company name as at the date of this return
A2	Return date		
Date of this return <b>9</b>		de up date The return date must not be a futur elivered within 28 days of the date given below	
A3	Principal business activity		
	Please show the trade classification activity or activities •	on code number(s) for the principal	Principal business activity You must provide a trade classification code (SIC code) or a
Classification code 1	5263		description of your company's main business in this section
Classification code 2			A full list of the trade dassification
Classification code 3			codes are available on our website www.companieshouse.gov.uk
Classification code 4			_
	If you cannot determine a code, pl business activity below	lease give a brief description of your	
Principal activity description			- - -
			-

A4	Company type •	<u> </u>
<u>A4</u>	Please confirm your company type by ticking the appropriate box below (only one box must be ticked)  Public limited company  Private company limited by shares  Private company limited by guarantee  Private company limited by shares exempt under section 60  Private company limited by guarantee exempt under section 60  Private unlimited company with share capital  Private unlimited company without share capital	● Company type  If you are unsure of your company type, please check your latest certificate of incorporation or our website  www.companieshouse.gov.uk
A5	Registered office address @	<u>.</u>
Building name/number Street	TATTERSHALL WAY FAIRFIELD INDUSTRIAL ESTATE	Ochange of registered office This must agree with the address that is held on the Companies House record at the date of this return If the registered office address has
Post town	LOUTH	changed, you should complete form AD01 and submit it together with
County/Region	LINCOLNSHIRE	this annual return
Postcode	LNIIOYZ	
A6	Single alternative inspection location (SAIL) of the company records (if applicable)   ●	
Building name/number	5	<b>⊙</b> SAIL address
Street	EASTGATE	This must agree with the address that is held on the Companies House record at the date of this return
Post town County/Region	LOUTH	If the address has changed, you should complete form ADO2 and submit it together with this annual return
Postcode	LNII 9NB	
A7	Location of company records O	
	Please tick the appropriate box to indicate which records are kept at the SAIL address in Section A6  Register of members Register of directors Directors' service contracts Directors' indemnities Register of secretaries	© Location of company records if the company records are held at the registered office address, do not tick any of the boxes in this section  Certain records must be kept by every company while other records are only kept by certain company types where appropriate
	Records of resolutions etc Contracts relating to purchase of own shares Documents relating to redemption or purchase of own share out of capital by private company Register of debenture holders Report to members of outcome of investigation by public company into interests in its shares Register of interests in shares disclosed to public company Instruments creating charges and register of charges England and Wales or Northern Ireland Instruments creating charges and register of charges Scotland	If the records are not kept at the SAIL address, they must be available at the registered office  If any of the company records have moved from the registered office to the address in Section A6 since the last annual return, you must complete form AD03 and submit it together with this annual return

CHFP000 10/09 Version 2 0

Part 2	Officers of the company	
	This section should include details of the company at the date to which this annual return is made up	Continuation pages Please use a continuation page if you need to enter more officer
	<ul> <li>→ For a secretary who is an individual, go to Section B1</li> <li>→ For a corporate secretary, go to Section C1</li> <li>→ For a director who is an individual, go to Section D1</li> <li>→ For a corporate director, go to Section E1</li> </ul>	details
Secretary		
B1	Secretary's details O	
	Please use this section to list all the secretaries of the company For a corporate secretary, complete Section C1-C4	• Secretary appointments You may not use this form to appoint a secretary To do this,
Title*	MRS	please complete form AP03 and submit it together with this annual
Full forename(s)	FAY	return
Surname	COUPLAND	Corporate details Please use Section C1-C4 to enter
Former name(s) 2		corporate secretary details  Secretary details
		All details must agree with those previously notified to Companies House If you have made changes since the last annual return and have not notified us, please complete form CH03
		Pformer name(s)  Please provide any previous names which have been used for business purposes during the period of this return Married women do not need to give former names unless previously used for business purposes
B2	Secretary's service address <sup>©</sup>	
Building name/number	LINDENFELS /9	Service address  If you have previously notified
Street	GRIMSBY ROAD	Companies House that the service address is at 'The Company's Registered Office', please state 'The
Post town	LOUTH	<ul> <li>Company's Registered Office' in the address</li> </ul>
County/Region	LINCOLNSHIRE	This information will appear on the public record
Postcode	LNIIOED	public record
Country	ENGLAND	_

# **Corporate secretary**

C1	Corporate secretary's details •	
Corporate body/firm	Please use this section to list all the corporate secretaries of the company	Ocorporate secretary appointments You cannot use this form to appoint a corporate secretary To do this, please complete form AP04 and submit it together with this annual return
Building name/number		Corporate secretary details
Street		All details must agree with those previously notified to Companies House If you have made changes since the last annual return and have
Post town		not notified us, please complete form CH04
County/Region		This information will appear on the public record
Postcode		public record
Country		
C2	Location of the registry of the corporate body or firm	
	Is the corporate secretary registered within the European Economic Area (EEA)?  → Yes Complete Section C3 only  → No Complete Section C4 only	
C3	EEA companies <sup>9</sup>	
	Please give details of the register where the company file is kept (including the relevant state) and the registration number in that register	O EEA  A full list of countries of the EEA can be found in our guidance www.companieshouse.gov.uk
Where the company/ firm is registered   ●		This is the register mentioned in Article 3 of the First Company Law Directive (68/151/EEC)
Registration number		Directive (00/151/122C)
C4	Non-EEA companies	
	Please give details of the legal form of the corporate body or firm and the law by which it is governed. If applicable, please also give details of the register in which it is entered (including the state) and its registration number in that register.	O Non-EEA  Where you have provided details of the register (including state) where the company or firm is registered, you must also provide its number in
Legal form of the corporate body or firm		that register
Governing law		
If applicable, where the company/firm is registered •		
If applicable, the registration number		

ENGLAND

#### Director

Country

D1	Director's details •	
	Please use this section to list all the directors of the company.  For a corporate director, complete Section E1-E4.	O Director appointments  You cannot use this form to appoint a director To do this, please
Title*	MR	complete form APO1 and submit it together with this annual return
Full forename(s)	ADRIAN JOHN	Corporate details
Surname	BONNER	Please use Section E1-E4 to enter corporate director details
Former name(s)		Director details  All details must agree with those previously notified to Companies
Country/State of residence	ENGLAND	House If you have made changes since the last annual return and have not notified us, please
Nationality	BRITISH	complete form CH01
Date of birth	do d7 m, m, y, y9 y6 y1	❷ Former name(s) Please provide any previous names
Business occupation (if any)	SALES MANAGE	which have been used for business purposes during the period of this return. Married women do not need to give former names unless previously used for business purposes
D2	Director's service address €	
Building name/numbe	6	Service address If you have previously notified
Street	ALBANY CLOSE	Companies House that the service address is at 'The Company's Registered Office', please state 'The
Post town	LOUTH	Company's Registered Office' in the address
County/Region	LINCOLNSHIRE	This information will appear on the public record
Postcode	LNIII BEA	paorie record

D1	Director's details •	
	Please use this section to list all the directors of the company For a corporate director, complete Section E1-E4.	Director appointments     You cannot use this form to     appoint a director To do this, please
Title*	MRS	complete form APO1 and submit it together with this annual return
Full forename(s)	SALLY JANE	Corporate details
Surname	BONNER	Please use Section E1-E4 to enter corporate director details.
Former name(s) •		Director details  All details must agree with those previously notified to Companies
Country/State of residence	ENGLAND	House If you have made changes since the last annual return and have not notified us, please
Nationality	BRITISH	complete form CH01
Date of birth	2 7 7 7 7 7 7 1 7 9 7 1 7 9 7 9 7 9 7 9 7	Please provide any previous names
Business occupation (if any)	ACCOUNTS ADMINISTRATOR	which have been used for business purposes during the period of this return. Married women do not need to give former names unless previously used for business purposes.
D2	Director's service address®	
Building name/number	6	Service address  If you have previously notified
Street	ALBANY CLOSE	Companies House that the service address is at 'The Company's Registered Office', please state 'The
Post town	LOUTH	Company's Registered Office' in the address
County/Region	LINCOLNSHIRE	This information will appear on the public record
Postcode	LNIII BEA	public record
Country	ENGLAND	

in accordance with
Section 854 of the
Companies Act 2006

# AR01 - continuation page

D1	Director's details •	<del></del>
	Please use this section to list all the directors of the company For a corporate director, complete Section E1-E4.	O Director appointments  You cannot use this form to appoint a director To do this, please
Title*	MRS	complete form APO1 and submit it together with this annual return
Full forename(s)	FAY	Corporate details
Surname	COUPLAND	Please use Section E1-E4 to enter corporate director details.
Former name(s)®		Director details  All details must agree with those previously notified to Companies
Country/State of residence	ENGLAND	House If you have made changes since the last annual return and have not notified us, please
Nationality	BRITISH	complete form CH01
Date of birth	12 8 0 3 11941	Please provide any previous names
Business occupation (if any)	DIRECTOR	which have been used for business purposes during the period of this return. Married women do not need to give former names unless previously used for business purposes
D2	Director's service address •	
Building name/numbe	LINDENFELS 19	Service address If you have previously notified
Street	GRIMSBY ROAD	Companies House that the service address is at 'The Company's Registered Office', please state 'The
Post town	LOUTH	Company's Registered Office' in the address
County/Region	LINCOLNSHIRE	This information will appear on the
Postcode	LNIIOED	public record
Country	ENGLAND	

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D1	Director's details •		
	Please use this section to list all the directors of the company For a corporate director, complete Section E1-E4.	Director appointments     You cannot use this form to     appoint a director To do this, please	
Title*	MR	complete form AP01 and submit it together with this annual return	
Full forename(s)	PETER BARRY	Corporate details	
Surname	COUPLAND	Please use Section E1-E4 to enter corporate director details.	
Former name(s) 2		Director details  All details must agree with those previously notified to Companies	
Country/State of residence	ENGLAND	House If you have made changes since the last annual return and have not notified us, please complete form CH01	
Nationality	BRITISH	© Former name(s)	
Date of birth	111 07 119 139	Please provide any previous names	
Business occupation (if any)	DIRECTOR	which have been used for business purposes during the period of this return Marned women do not need to give former names unless previously used for business purposes	
D2	Director's service address		
Building name/number	LINDENFELS /9	Service address  If you have previously notified	
Street	GRIMSBY ROAD	Companies House that the service address is at 'The Company's Registered Office', please state 'The	
Post town	LOUTH	Company's Registered Office' in the address	
County/Region	LINCOLNSHIRE	This information will appear on the public record	
Postcode	LNIIOED	public record	
Country			

In accordance with Section 854 of the Companies Act 2006 AR01 - continuation page Annual Return

D1	Director's details <sup>o</sup>	<del></del>
	Please use this section to list all the directors of the company For a corporate director, complete Section E1-E4	O Director appointments You cannot use this form to appoint a director To do this, please
Title*	MRS	complete form APO1 and submit it together with this annual return
Full forename(s)	TINA ELAINE	Corporate details
Surname	RUDKIN	Please use Section E1-E4 to enter corporate director details
Former name(s) 2		Director details  All details must agree with those previously notified to Companies
Country/State of residence	ENGLAND	House If you have made changes since the last annual return and have not notified us, please
Nationality	BRITISH	complete form CH01
Date of birth	"1 "7 "1 "1 Y 1 Y 9 Y 6 Y 6	◆ Former name(s) Please provide any previous names
Business occupation (if any)	ACCOUNTS ADMINISTRATOR	which have been used for business purposes during the period of this return. Married women do not need to give former names unless previously used for business purposes.
D2	Director's service address	
Building name/numbe	er BRAMBLEDOWN	Service address  If you have previously notified
Street	PRIORY LANG	Companies House that the service address is at 'The Company's
	GRIMOLDBY	Registered Office', please state 'The Company's Registered Office' in the
Post town	LOUTH	address
County/Region	LINCOLNSTIRE	This information will appear on the public record
Postcode	LNII 8SP	publicicord
Country	ENGLAND	

In accordance with
Section 854 of the
Companies Act 2006

# AR01 - continuation page Annual Return

D1	Director's details •	
	Please use this section to list all the directors of the company For a corporate director, complete Section E1-E4.	Director appointments     You cannot use this form to     appoint a director To do this, please
Title*		complete form APO1 and submit it together with this annual return
Full forename(s)		Corporate details
Surname		Please use Section E1-E4 to enter corporate director details
Former name(s) @		Director details  All details must agree with those previously notified to Companies
Country/State of residence		House If you have made changes since the last annual return and have not notified us, please
Nationality		complete form CH01
Date of birth	d d m m y y y	❷ Former name(s) Please provide any previous names
Business occupation (if any)		which have been used for business purposes during the period of this return Marned women do not need to give former names unless previously used for business purposes
D2	Director's service address®	· · · · · · · · · · · · · · · · · · ·
Building name/number		Service address
Street		If you have previously notified Companies House that the service address is at 'The Company's Registered Office', please state 'The Company's Registered Office' in the
Post town		address
County/Region		This information will appear on the public record
Postcode		positional
Country		

### **Corporate director**

E1	Corporate director's details •					
	Please use this section to list all the corporate director's of the company	O Corporate director appointments You cannot use this form to appoint a corporate director To do this,				
Corporate body/firm name		please complete form APO2 and submit it together with this annual return				
Building name/number		Corporate director details All details must agree with those				
Street		previously notified to Companies House If you have made changes since the last annual return and have not notified us, please complete				
Post town		form CH02				
County/Region		This information will appear on the public record				
Postcode						
Country						
E2	Location of the registry of the corporate body or firm					
	Is the corporate director registered within the European Economic Area (EEA)?  → Yes Complete Section E3 only  → No Complete Section E4 only					
E3.	EEA companies <sup>©</sup>					
	Please give details of the register where the company file is kept (including the relevant state) and the registration number in that register	<b>Ø EEA</b> A full list of countries of the EEA can be found in our guidance				
Where the company/ firm is registered €		www.companieshouse.gov.uk  ◆ This is the register mentioned in  Article 3 of the First Company Law				
Registration number		Directive (68/151/EEC)				
E4	Non-EEA companies					
	Please give details of the legal form of the corporate body or firm and the law by which it is governed. If applicable, please also give details of the register in which it is entered (including the state) and its registration number in that register.	O Non-EEA Where you have provided details of the register (including state) where the company or firm is registered, you must also provide its number in				
Legal form of the corporate body or firm		that register				
Governing law						
If applicable, where the company/firm is registered •						
If applicable, the registration number						

Part 3	Statement of capital o						
						ould reflect the company's status at the made up date of qual return	
F1	Share capital in	pound sterling (	(£)				
Please complete the ta If all your issued capit			ld in pound sterling and then go to Section F4				
Class of shares (E.g. Ordinary/Preference etc	:.)	Amount paid up on each share ②	Amount (if any) unpaid on each share ②	Number of shar	es 🛭	Aggregate nominal value O	
ORDINAR	.4	\$1.00		1000	2	£1000-	
	<del></del>			<u> </u>		£	
<u> </u>						£	
		<u> </u>				£	
			Totals	1000	)	£1000-	
F2	Share capital in	other currencies					
Please complete the ta Please complete a sep			I in other currencies				
Currency							
Class of shares (E g Ordinary/Preference etc	:)	Amount paid up on each share	Amount (if any) unpaid on each share	Number of shar	es <b>0</b> 	Aggregate nominal value 4	
			Totals	<u> </u>		<u></u>	
<del></del>				··-			
Currency						·	
Class of shares (E g Ordinary/Preference etc	)	Amount paid up on each share	Amount (if any) unpaid on each share	Number of shar	es 6) 	Aggregate nominal value @	
·				<u> </u>			
		<u> </u>					
		<del></del>	Totals	]		<u> </u>	
F3	Totals	<del></del>			<del></del>		
	Please give the total issued share capita		d total aggregate nominal v	value of	Please i	ggregate nominal value ist total aggregate values in t currencies separately For	
Total number of shares			<del> </del>			£100 + €100 + \$10 etc.	
Total aggregate nominal value 😉					 		
<ul> <li>Including both the noming share premium</li> <li>Total number of issued s</li> </ul>		Number of shares issue nominal value of each	share Plea	itinuation Page ise use a Statem e if necessary		tal continuation	

F4	Statement of capital (Voting rights)	<u> </u>	
	Please give the prescribed particulars of rights attached to shares for each class of share shown in the statement of capital share tables in Sections F1 and F2	<del></del>	<del>_</del> .
Class of share	ORDINARY		
Voting rights	FULL		
Class of share			
Voting rights			<u> </u>
Class of share			
Voting rights			
Class of share			
Voting rights			

Part 4	Shareholders	
	Does your company have share capital?  → Yes Complete the sections below.  → No Go to Part 5 (Signature)	This should reflect the shareholder details at the made up date of this annual return
G1	Traded public companies @	
	Please tick the box if your company was a traded public company at any time during the period of this return.	● Traded company definition A traded company means a compar any of whose shares are admitted to trading on a regulated market
G2	List of past and present shareholders	
	Private and non-traded public companies are required to provide a 'full list' if one was not included with either of the last two returns	
	Traded public companies are required to provide a list of shareholders who held at least 5% of the issued shares of any share class if a list was not provided with either of the last two returns	
	Please tick the appropriate box below	
	A full list of shareholders for a private or non-traded public company is enclosed Please complete Section G3, or	
	A list of shareholders holding at least 5% of the issued shares of any share class for a traded public company is enclosed. Please complete Section G4	
	A list of shareholder changes is enclosed.  → For private or non-traded public companies, please complete Section G3  → For traded public companies, please complete Section G4	
	<ul><li>☐ There were no shareholder changes in this period</li><li>→ Go to Part 5 (Signature)</li></ul>	
	Please tick the appropriate box below to indicate the format of your shareholder details.	
	The list of shareholders is enclosed on paper  The list of shareholders is enclosed in another format	

#### G3

# Private or non-traded public companies – list of past and present shareholders

This section should only be completed by companies that have not traded on a regulated market at any time during the period of this return

Changes during this period to shareholders' particulars or details of the amount of stock or shares transferred must be completed each year

You must provide a 'full list' of all company shareholders on

- The company's first annual return following incorporation,
- Every third annual return after a full list has been provided

Please list the company shareholders in alphabetical order

Joint shareholders should be listed consecutively

#### Further shareholders

Please use a 'Private or non-traded public companies — list of past and present shareholders' continuation page if necessary

1		Shares or stock currently held	Shares or stock transferred (if appropriate)		
Shareholder's Name (Address not required)	Class of share	Number of shares or amount of stock	Number of shares or amount of stock	Date of registration of transfer	
COUPLAND, MRS FAY	GRDINARY	500		1 1	
COUPLAND, PETER BARRY	ORDINARY	500		1 1	
	-			1 1	
				, ,	
				1 1	
				1 1	
				1 1	
				1 1	
				1 1	
				1 1	
				1 1	
				1 1	
				, ,	

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#### Traded public companies - list of past and present shareholders

This section should show the shareholders that hold at least 5% of any class of share(s) of the company at the date of this return. It should only be completed by public companies that have traded on a regulated market at any time during the period of this return.

Changes during this period to shareholders' particulars or details of the amount of stock or shares transferred must be completed each year

You must provide a 'full list' of all company shareholders on

- The company's first annual return following incorporation,
- Every third annual return after a full list has been provided

Please list the company shareholders in alphabetical order

Joint shareholders should be listed consecutively

Further shareholders Please use a 'Traded public companies – list of past and present shareholders' continuation page if necessary

		Shares or stock currently held	Shares or stock transferred (if appropriate)	
Shareholder's details	Class of share	Number of shares or amount of stock	Number of shares or amount of stock	Date of registration of transfer
Name				1 1
Address				1 1
				1 1
Name				1 1
Address				1 1
				1 1
Name				1 1
Address				1 1
				1 1
Name				1 1
Address				1 1
				1 1
	1		CUEDOO.	1

Part 5	Signature	
	This must be completed by all companies.  I am signing this form on behalf of the company	O Societas Europaea  If the form is being filed on behalf of a Societas Europaea (SE) please
Signature	X P. Poloupland	delete 'director' and insert details of which organ of the SE the person signing has membership  Person authorised Under either section 270 or 274 of the Companies Act 2006
	This form may be signed by Director •, Secretary, Person authorised •, Charity commission receiver and manager, CIC manager, Judicial factor.	the companies act 2000

### 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 ROGER WOODRUP
Company name ATKINSONS
CHARTERED CERTIFIED ACCOUNTANT
Address 5
EASTGATE
Post town LOUTH
County/Region LincolnSH, RL
Postcode LNII 9NB
Country ENGLAND
DX
Telephone 01507 609933

#### ✓ Checklist

We may return 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 completed your principal business activity
- You have not used this form to make changes to the registered office address.
- You have not used this form to make changes to secretary and director details
- You have fully completed the Statement of capital (if applicable)
- You have signed the form
- You have enclosed the correct fee

#### Important information

Please note that all information on this form will appear on the public record

#### £ How to pay

A fee of £30 is payable to Companies House in respect of an Annual Return

Make cheques or postal orders payable to 'Companies House'

#### ☑ 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, First Floor, Waterfront Plaza, 8 Laganbank Road, Belfast, Northern Ireland, BT1 3BS DX 481 N R Belfast 1

#### Further information

For further information, please see the guidance notes on the website at www.companieshouse.gov.uk or email enquiries@companieshouse.gov.uk

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