



Companies House
— for the record —

AR01 (ef)

Annual Return



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Company Name: **PERSONAL BEST (GB) LIMITED**

Company Number: **05222970**

Date of this return: **06/09/2012**

SIC codes: **86900**

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

Situation of Registered Office: **10 BARLEY MEADOWS
INKBERROW
WORCESTER
UNITED KINGDOM
WR7 4DR**

Officers of the company

Company Secretary 1

Type: **Person**
Full forename(s): **MR PETER EDWARD**

Surname: **SOUTHGATE**

Former names:

Service Address: **2 SUSSEX ROAD
COLCHESTER
UNITED KINGDOM
CO3 3QH**

Company Director **1**

Type: **Person**

Full forename(s): **MR ANDREW JAMES**

Surname: **SMITH**

Former names:

Service Address: **10 BARLEY MEADOWS
INKBERROW
WORCESTER
WR7 4DR**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **07/01/1960** *Nationality:* **BRITISH**

Occupation: **FINANCIAL CONSULTANT**

Company Director **2**

Type: **Person**

Full forename(s): **MR STEPHEN JAMES**

Surname: **TREW**

Former names:

Service Address: **144 FOX LANE
PALMERS GREEN
LONDON
N13 4BA**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **18/03/1947** *Nationality:* **BRITISH**

Occupation: **FITNESS CONSULTANT**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	2
		<i>Aggregate nominal value</i>	2
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	0

Prescribed particulars

RIGHTS TO ATTEND AND VOTE AT MEMBERS MEETINGS AND TO PARTICIPATE IN DIVIDENDS PAYABLE AND OTHER DISTRIBUTIONS OF WHATEVER NATURE.

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	2
		<i>Total aggregate nominal value</i>	2

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 06/09/2012 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: **STEPHEN JAMES TREW**

Shareholding 2 : **1 ORDINARY shares held as at the date of this return**
Name: **ANDREW JAMES SMITH**

Authorisation

Authenticated

This form was authorised by one of the following:

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