



Companies House

— for the record —

Company Name

**FAST FORWARD DISTRIBUTION LTD.**

## 363s Annual Return

Company Type

**Private Company Limited By Shares**

Company Number

**3407079**

Information extracted from  
Companies House records on  
**30th June 2003**

- > Please check the details printed in blue on this statement.
- > If any details are wrong, strike them through and write the correct details in the "Amended details" column.
- > Please use black pen and write in capitals.



A47  
COMPANIES HOUSE

\*A4YPCMOZ\*

0387  
16/07/03

### Section 1: Company details

Ref: 3407079/03/10

	Current details	Amended details																												
> Registered Office Address <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<b>Distribution House Capel Hendre Industrial Estate, Ammanford Dyfed SA18 3SJ</b>	Address _____ _____ _____ UK Postcode    _ _ _ _ _																												
> Register of Members <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<b>Address where the Register is held</b>  <b>At Registered Office</b>	Address _____ _____ _____ UK Postcode    _ _ _ _ _																												
> Register of Debenture Holders <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<b>Not Applicable</b>	Address _____ _____ _____ UK Postcode    _ _ _ _ _																												
> Principal Business Activities <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<table border="1"> <thead> <tr> <th>SIC Code</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td><b>6024</b></td> <td><b>Freight transport by road</b></td> </tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table>	SIC Code	Description	<b>6024</b>	<b>Freight transport by road</b>											<table border="1"> <thead> <tr> <th>SIC CODE</th> <th>Description</th> </tr> </thead> <tbody> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table>	SIC CODE	Description												
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> <i>Please enter additional principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes.</i>																														

## Section 2: Details of Officers of the Company

	Current details	Amended details
<b>&gt; Company Secretary</b> <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>    <i>Particulars of a new Company Secretary must be notified on form 288.</i>	<b>Name</b> <b>Anne HENNESS</b>  <b>Address</b> <b>Parc Cwm</b> <b>Llansaint</b> <b>Kidwelly</b> <b>Dyfed</b> <b>SA17 5JS</b>	<b>Name</b>  <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. <b>Address</b>    <b>UK Postcode</b> _ _ _ _ _ <b>Date of change</b> _ _ / _ _ / _ _ _ _ <b>Date Anne HENNESS</b> <b>ceased to be secretary (if applicable)</b> _ _ / _ _ / _ _ _ _
<b>&gt; Director</b> <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>    <i>Particulars of a new Director must be notified on form 288.</i>	<b>Name</b> <b>Anne HENNESS</b>  <b>Address</b> <b>Parc Cwm</b> <b>Llansaint</b> <b>Kidwelly</b> <b>Dyfed</b> <b>SA17 5JS</b>  <b>Date of birth</b> 29/01/1961  <b>Nationality</b> British  <b>Occupation</b> Transport	<b>Name</b>  <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. <b>Address</b>    <b>UK Postcode</b> _ _ _ _ _ <b>Date of birth</b> _ _ / _ _ / _ _ _ _ <b>Nationality</b> _____ <b>Occupation</b> <u>FINANCIAL DIRECTOR</u> <b>Date of change</b> <u>ALWAYS, HAS BEEN</u> <b>Date Anne HENNESS</b> <b>ceased to be director (if applicable)</b> _ _ / _ _ / _ _ _ _

## Current details

## Amended details

## &gt; Director

If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.

Name  
Mark Frederick HENNESS

Address  
Parc Cwm  
Llansaint  
Kidwelly  
Dyfed  
SA17 5JS

Date of birth 15/02/1960

Nationality British

Occupation Transport

Particulars of a new Director must be notified on form 288.

Name

☐ Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.

Address

UK Postcode - - - - -

Date of birth - - / - - / - - - -

Nationality - - - - -

Occupation MANAGING DIRECTOR

Date of change ALWAYS HAS BEEN

Date Mark Frederick HENNESS ceased to be director (if applicable)

- - / - - / - - - -

## &gt; Director

If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.

Name  
Malcolm Leslie HURLIN

Address  
10 Heol Y Bryn  
Upper Tumble  
Llanelli  
Dyfed  
SA14 6DP

Date of birth 15/06/1960

Nationality British

Occupation Executive Director

Particulars of a new Director must be notified on form 288.

Name

☐ Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.

Address

UK Postcode - - - - -

Date of birth - - / - - / - - - -

Nationality - - - - -

Occupation OPERATIONS DIRECTOR

Date of change SINCE HE BECAME A DIRECTOR

Date Malcolm Leslie HURLIN ceased to be director (if applicable)

- - / - - / - - - -

	Current details	Amended details
<b>&gt; Issued Share Capital</b> <i>This table shows the total number of shares that have been issued by your company and their Nominal Value. If any of the details are wrong, please fill in the correct details.</i>	<b>Class of share</b> <b>Ordinary</b> <b>Nominal value of each share</b> <b>£1.00</b> <b>Number of shares issued</b> <b>2</b> <b>Aggregate Nominal Value of issued shares</b> <b>£2.00</b>	<b>Class of share</b>  <b>Nominal value of each share</b>  <b>Number of shares issued</b>  <b>Aggregate Nominal Value of issued shares</b>  
<b>&gt; Total shares issued and value</b> <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<b>Total number of shares issued</b> <b>2</b> <b>Total Nominal value of shares issued</b> <b>£2.00</b>	<b>Total number of shares issued</b>  <b>Total Nominal value of shares issued</b>  
<b>&gt; At the date of this Annual Return, if the company has altered or changed its share capital in any way or allotted new shares, please refer to the guidance notes for details of the appropriate form that should be sent with this Annual Return. Annual return guidance notes are available on the Companies House web site at <a href="http://www.companieshouse.gov.uk">www.companieshouse.gov.uk</a> or by ringing 0870 3333636.</b>		

**Section 4: Details of Shareholders**

- > The details we hold on your company's shareholders and their shareholdings are printed below. These are based on your last Annual Return.
- > If any details have changed, or if any shares have been transferred, please fill in the details in the "Amended details" or "Shares transferred" column.
- > Please give details of any other shareholders in Section 5.

Current details		Amended details		Shares transferred		
<b>&gt; Shareholder Name</b> <b>Anne HENNESS</b>		<b>Name</b> <hr/>		<b>Shares transferred by</b> <b>Anne HENNESS</b>		
		<b>Address</b> <hr/>				
<b>Address</b> <b>Parc Cwm</b> <b>Llansaint Kidwelly</b> <b>Dyfed</b> <b>SA17 5JS</b>		<hr/>				
		<b>UK Postcode</b> _ _ _ _ _				
<b>Shares held</b> <b>Class</b> <b>Ordinary</b>	<b>Number</b> <b>1</b>	<b>Shares held</b> <b>Class</b>	<b>Number</b>	<b>Class</b>	<b>Number</b>	<b>Date of transfer</b> _ _ / _ _ / _ _ _ _
						_ _ / _ _ / _ _ _ _
<b>&gt; Shareholder Name</b> <b>Mark Frederick HENNESS</b>		<b>Name</b> <hr/>		<b>Shares transferred by</b> <b>Mark Frederick HENNESS</b>		
		<b>Address</b> <hr/>				
<b>Address</b> <b>Parc Cwm</b> <b>Llansaint Kidwelly</b> <b>Dyfed</b> <b>SA17 5JS</b>		<hr/>				
		<b>UK Postcode</b> _ _ _ _ _				
<b>Shares held</b> <b>Class</b> <b>Ordinary</b>	<b>Number</b> <b>1</b>	<b>Shares held</b> <b>Class</b>	<b>Number</b>	<b>Class</b>	<b>Number</b>	<b>Date of transfer</b> _ _ / _ _ / _ _ _ _
						_ _ / _ _ / _ _ _ _

**Section 5: Details of Other Shareholders**

- > Please fill in details of any persons or corporate bodies who are shareholders of the company at the date of this return, but whose details are not printed in Section 4.
- > Also, provide the details of any persons who became but have ceased to be shareholders of the company since the date of the last annual return.
- > For jointly held shares please list those joint shareholders consecutively on the form. If a joint shareholder also holds shares in their own right, list that holding separately.
- > Please copy this page if there is not enough space to enter all the company's other shareholders.

Shareholders details	Class and number of shares or amount of stock held	Class and number of shares or amount of stock transferred (If appropriate)	Date of registration of transfer (If appropriate)
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _			



Companies House

— for the record —

**363s Annual Return Declaration**

- > When you have checked all the sections of this form, please complete this page and sign the declaration below.
- > If you want to change the made up date of this annual return, please complete 2 below.

**1. Declaration**

- ☐ I confirm that the details in this annual return are correct as at the made-up-date (shown at 2 below). I enclose the filing fee of £15.

Signature

(Director / Secretary)

Date

14 / 07 / 2003

*This date must not be earlier than the return date at 2 below*

**What to do now**

*Complete this page then send the whole of the Annual Return and the declaration to the address shown at 4 below.*

**2. Date of this return**

- ☐ This AR is made up to **22/7/2003** If you are making this return up to an earlier date, please give the date here

14 / 07 / 03

*Note: The form must be delivered to CH within 28 days of this date*

*Because we will be on holiday 22nd*

**3. Date of next return**

- ☐ If you wish to change your next return to a date earlier than **22nd July 2004** please give the new date here:

\_ \_ / \_ \_ / \_ \_ \_ \_

**4. Where to send this form**

- ☐ Please return this form to:

Registrar of Companies  
Companies House  
Crown Way  
Cardiff CF14 3UZ

OR

For members of the Hays Document  
Exchange service  
DX 33050 Cardiff

**Have you enclosed the filing fee with the company number written on the reverse of the cheque?**

**Contact Address**

You do not have to give any contact information below, but if you do, it will help Companies House to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Contact Name

M. HENNESSY.

Telephone number inc code

01269 832111

Address

Distribution House

DX number if applicable

CAPEL HENDRE IND. EST.

DX exchange

Ammannford

Postcode

SA18 3ST