In accordance with Section 1003 of the Companies Act 2006.

P.O. 10314784/£0

DON'T STAPLE

DS01

Striking off application by a company

Companies House

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

✓ **What this form is for**
You may use this form to strike off a company from the Register.

✗ **What this form is NOT fo**
You cannot use this form t off a Limited Liability Partn (LLP). To strike off an LLP p use form LL DS01 'Striking application by a Limited Li Partnership (LLP)'.

WEDNESDAY

A7YPV7PE
A15 06/02/2019 #17
COMPANIES HOUSE

Warning to all interested parties

This is an important notice and should not be ignored. The company named has applied to the Registrar to be struck off the Register and dissolved. Please note that on dissolution any remaining assets will be passed to the Crown. The Registrar will strike the company off the register unless there is reasonable cause not to do so. Guidance is available on grounds for objection. If in doubt, seek professional advice.

1 Company details

Company number	10484939
Company name in full	THE HARD YARD FITNESS LTD

→ **Filling in this form**
Please complete in typescript or in bold black capitals.

All fields are mandatory unless specified or indicated by *

2 The application

Warning to all applicants
It is an offence to knowingly or recklessly provide false or misleading information on this application.

You are advised to read Section 4 and to consult the guidance available from Companies House before completing this form. If in doubt, seek professional advice.

I/We as director(s) / the majority of directors apply for this company to be struck off the Register and declare that:

i) none of the circumstances described in section 1004 or 1005 of the Companies Act 2006 (being circumstances in which the directors would otherwise be prohibited under those sections from making an application) exists in relation to the company
and
ii) we have complied with the requirements of sections 1006 and 1007 of the Act and have given/will give copies of the application to the people listed in those sections as required. ❶

This form must be signed by the sole director if only 1, by both if there are 2, or by the majority if there are more than 2.

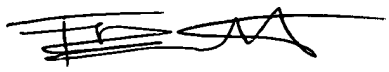
→ **Go to Section 3** 'Name(s) and Signature(s) of the directors'

❶ Please read the guidance on our website at www.companieshouse.gov.uk or section 1004 or 1005 of the Companies Act 2006 for circumstances under which an application may not be made.

Please note that on dissolution all property and rights etc will be passed to the Crown.

DS01
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3 Name(s) and signature(s) of the director(s)

Forename	FRANCES
Surname	BENNETT
Signature	Signature X  X
Signature date	d 0 4 m 0 2 y 2 0 1 9
Forename	
Surname	
Signature	Signature X X
Signature date	d d m m y y y y
Forename	
Surname	
Signature	Signature X X
Signature date	d d m m y y y y

Warning to all applicants
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Please note that on dissolution all property and rights etc will be passed to the Crown.

You are advised to read Section 4 and to consult the guidance notes available from Companies House before completing this form. If in doubt, seek professional advice.

Name and date
Please ensure that you complete the name and signature date

Signatures
This form must be signed by the sole director if only 1, by both if there are 2, or by the majority if there are more than 2.

Further signatures
Please use a continuation page if you need to enter further signatures.

4 IMPORTANT: What to do next

Notify all parties
You must send copies of this application to all notifiable parties e.g. creditors, employees, shareholders, pension managers or trustees and other directors of the company within 7 days from the day on which the application is made.

You must also send copies to anyone who later becomes a notifiable party within 7 days of this taking place. This applies from the day of application and before the day on which the application is finally dealt with or withdrawn. Please check the guidance notes which contain a full list of those who must be notified. Failure to notify interested parties is an offence which is punishable by up to 12 months in prison (for English or Welsh companies) or 6 months in prison (for Scottish or Northern Irish companies). It is advisable to obtain and retain some proof of delivery or posting of copies to notifiable parties.

Withdrawal of striking off application by a company
If the company ceases to be eligible for striking off at any time after the application is made, and before the application is finally dealt with, as specified in section 1009 of the Companies Act 2006, then the application must be withdrawn using form DS02 'Withdrawal of striking off application by a company' available from our website: gov.uk/companieshouse

DS01
Striking off application by a company

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

Company name

Address

Post town

County/Region

Postcode

Country

DX

Telephone

Checklist

We may return the 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.
- ☐ The correct number of current directors have signed and dated the form – 1 director if there is only 1 director, both if there are 2, and the majority if there are more than 2 e.g. Out of 6 directors, 4 must sign.
- ☐ You have included a printed name and date for the signature(s)
- ☐ You have included a continuation sheet (available from gov.uk/companieshouse) if applicable.
- ☐ 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 £10 is payable to Companies House in respect of a striking off application.

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,
Second Floor, The Linenhall, 32-38 Linenhall Street,
Belfast, Northern Ireland, BT2 8BG.
DX 481 N.R. Belfast 1.

Further information

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

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