



Adam Sheppard

916653237

## Director Information

<b>Title</b>	Mr	<b>Honours</b>	
<b>Name</b>	Adam Sheppard	<b>Number</b>	916653237
<b>Postcode</b>	SA73 3JP	<b>Address</b>	44 Hamilton House Hamilton Terrace Milford Haven Pembrokeshire
<b>Date of birth</b>	December 1980	<b>Nationality</b>	British
<b>Total current directorships</b>	1		

### List of Current Directorships

Company Name	Number	Company Status	App. Date	Res. Date	Position
B-FIT HEALTH & FITNESS LIMITED	09918521	Active - Accounts Filed	20/11/2017		Director

### List of Previous Directorships

Company Name	Number	Company Status	App. Date	Res. Date	Position
PROSPER HR LIMITED	11069555	Company is dissolved	17/11/2017		Director
CONCEPT BIKES LIMITED	07940623	Company is dissolved	08/02/2012		Director