



Ben Garwood

917327290

Director Information

Title	Mr	Honours	
Name	Ben Garwood	Number	917327290
Postcode	CM17 0NS	Address	Unit 11 Holts Court Threshers Bush Harlow Essex
Date of birth	March 1977	Nationality	British
Total current directorships	7		

List of Current Directorships

Company Name	Number	Company Status	App. Date	Res. Date	Position
GROUND HAMMER TRAINING CENTRE LTD	15281080	Active - Newly Incorporated	13/11/2023		Director
TAC BJJ LTD	14952142	Active - Newly Incorporated	22/06/2023		Director
QMS.LONDON LTD	14688348	Active - Newly Incorporated	24/02/2023		Director
HR4K HEREFORD LTD	13293029	Active - Accounts Filed	25/03/2021		Director
HR4K INDUSTRIES LTD	13069627	Active - Accounts Filed	08/12/2020		Director
GROUND HAMMER LTD	11026254	Active - Accounts Filed	23/10/2017		Director
HR4K LTD	09921130	Active - Accounts Filed	17/12/2015		Director

List of Previous Directorships

Company Name	Number	Company Status	App. Date	Res. Date	Position
HR4K SPTA LTD	14336796	Company is dissolved	05/09/2022		Director
COINFLOOR LIMITED	08493818	Active - Accounts Filed	25/01/2022	18/04/2022	Director
HR4K LOGISTICS LTD	13617820	Company is dissolved	13/09/2021		Director
THE GRIND COFFEE HOUSE LTD	13053365	Active - Accounts Filed	01/12/2020	01/07/2022	Director
LIFELONG PROPERTIES LTD	12384586	Active - Accounts Filed	03/01/2020	01/01/2022	Director
NODE TRADING LTD	11971654	Active - Accounts Filed	01/01/2020	01/07/2022	Director
TRU GRT LTD	11478060	Company is dissolved	23/07/2018	08/05/2019	Director
PIVOTAL DEFENCE SOLUTIONS LIMITED	08274742	Active - Accounts Filed	31/10/2012	20/09/2013	Director