



Ben Garwood

917327290

## Director Information

<b>Title</b>	Mr	<b>Honours</b>	
<b>Name</b>	Ben Garwood	<b>Number</b>	917327290
<b>Postcode</b>	CM17 0NS	<b>Address</b>	Unit 11 Holts Court Threshers Bush Harlow Essex
<b>Date of birth</b>	March 1977	<b>Nationality</b>	British
<b>Total current directorships</b>	6		

### 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
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
TAC BJJ LTD	14952142	Company is dissolved	22/06/2023		Director
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