

## Return of allotments of shares

Pursuant to section 88(2) of the Companies Act 1985 (the Act)

88(2)

Please do not write  
in this marginTo the Registrar of Companies (address overleaf)  
(see note 1)

(REVISED 1988)

This form replaces forms  
PUC2, PUC3 and 88(2)

Company number

1284170

Please complete legibly,  
preferably in black type, or  
bold block lettering

\*insert full name of company

## 1. Name of company

\*The Body International Plc

† distinguish between ordinary  
preference, etc

## 2. This section must be completed for all allotments

| Description of shares †  | Ordinary | Ordinary |  |
|--|----------|----------|--|
| A Number allotted  | 803      | 16104    |  |
| B Nominal value of each  | 5p       | 5p       |  |
| C Total amount (if any) paid or due and payable on each share (including premium if any) | £1.2992  | £1.46    |  |

§ complete (a) or (b) as appropriate

Date(s) on which the shares were allotted

(a) [on 8 August 1996 ] §, or

(b) [from 19 to 19 ] §

The names and addresses of the allottees and the number of shares allotted to each should be given overleaf

3. If the allotment is wholly or partly other than for cash the following information must be given  
(see notes 2 & 3)

|   |  |  |  |
|---|--|--|--|
| D Extent to which each share is to be treated as paid up.<br>Please use percentage. |  |  |  |
| E Consideration for which the shares were allotted                                  |  |  |  |

## NOTES

1. This form should be delivered to the Registrar of Companies within one month of the (first) date of allotment.
2. If the allotment is wholly or partly other than for cash, the company must deliver to the registrar a return containing the information at D & E. The company may deliver this information by completing D & E and the delivery of the information must be accompanied by the duly stamped contract required by section 88(2)(b) of the Act or by the duly stamped prescribed particulars required by section 88(3) (Form No 88(3)).
3. Details of bonus issues should be included only in section 2.

Presentor's name, address,  
telephone number and reference  
(if any):  
EMP BEN/NDL225/X2302/V19

LLOYDS BANK REGISTRARS  
THE CAUSEWAY  
WORTHING  
WEST SUSSEX BN9 6DA

For Official Use

Post room



4. Names and addresses of the allottees

| Names and Addresses   | Number of shares allotted |            |       |
|---|---------------------------|------------|-------|
|   | Ordinary                  | Preference | Other |
| ADRIAN CHROBOK ESQ<br>29 NORTHWAY ROAD<br>WICK<br>LITTLEHAMPTON<br>WEST SUSSEX BN17 7JX         | 684                       |            |       |
| MRS SUSAN KORPOLEWSKI<br>59 ST LEONARDS ROAD<br>HORSHAM<br>WEST SUSSEX RH13 6EH                 | 1959                      |            |       |
| ALAN BEARDSLEY ESQ<br>8 THORNTON COURT<br>GUILDFORD ROAD<br>RUSTINGTON<br>WEST SUSSEX BN16 3JB  | 342                       |            |       |
| MISS MANDY DRUMMOND<br>11 MONTAGUE COURT<br>DANKTON GARDENS<br>SOMPTING<br>WEST SUSSEX BN15 0DE | 684                       |            |       |
| HOWARD WHEATLEY ESQ<br>67B LEIGHTON GARDENS<br>LONDON NW10 3PY                                  | 12054                     |            |       |
| IAN RUSSELL SHORT ESQ<br>43 CLUN ROAD<br>WICK<br>LITTLEHAMPTON<br>WEST SUSSEX BN17 7DZ          | 342                       |            |       |
| <b>Total</b>  |                           |            |       |

Please do not write in the margin.  
Please complete legibly, preferably in black type, or bold block lettering

Where the space given on this form is inadequate, continuation sheets should be used and the number of sheets attached should be indicated in the box opposite:

¶ Insert Director, Secretary, Administrator, Administrative Receiver or Receiver (Scotland) as appropriate

Signed  Designation ¶ DIRECTOR Date 21.8.56

Companies registered in England and Wales or Wales should deliver this form to:-

The Registrar of Companies  
Companies House  
Crown Way  
Maindy  
Cardiff  
CF4 3UZ

Companies registered in Scotland should deliver this form to:-

The Registrar of Companies  
Companies Registration Office  
102 George Street  
Edinburgh  
EH2 3DJ

| Names and Addresses  | Number of shares allotted |            |       |
|--|---------------------------|------------|-------|
|  | Ordinary                  | Preference | Other |
| MRS CATHERINE ELIZABETH SHORT<br>43 CLUN ROAD<br>WICK<br>LITTLEHAMPTON<br>WEST SUSSEX BN17 7DZ | 842                       |            |       |
| <b>Total</b>   | 16907                     |            |       |