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CHFP010

Please do not write in
this marginPlease complete
legibly, preferably in
black type, or bold
block lettering* Insert full name of
company

COMPANIES FORM No. 395

Particulars of a mortgage or charge

A fee of £10 is payable to Companies House in respect of
each register entry for a mortgage or charge.

Pursuant to section 395 of the Companies Act 1985

To the Registrar of Companies
(address overleaf - note 6)

For official use

Company Number

Name of company

* Instant Muscle Limited

Date of creation of the charge

8th July 1999

Description of the instrument (if any) creating or evidencing the charge (note 2)

Security Deposit Deed

Amount secured by the mortgage or charge

All sums due to Instant Muscle Limited arising out of the covenants and
conditions on the part of the lessee contained in a Lease dated 8th July
1999 and made between Miller Freeman UK Limited (1) and Instant Muscle
Limited (2)

Names and addresses of the mortgagees or persons entitled to the charge

Miller Freeman UK Limited of Miller Freeman House, Sovereign Way,
Tonbridge, Kent, TN9 1RW

Postcode

TN9 1RW

Presentor's name, address
and reference (if any):

Druces & Attlee
Salisbury House
London Wall
London EC2M 5PS
DX: 33863 FINSBURY SQ

Time critical reference
46/43/5186.15

For official use

Mortgage Section

Post room

A35 *A6DEY19W* 549
COMPANIES HOUSE 23/07/99BLSco: £10
020121

395

Short particulars of all the property mortgaged or charged

Please do not write in this margin

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

Initial deposit of One Thousand Pounds (£1,000) including any other sum or sums which are from time to time deposited with the Landlord and whether in addition to or by way of renewal or replacement for any sums previously deposited together with all interest accruing.

Particulars as to commission, allowance or discount (note 3)

A fee of £10 is payable to Companies House in respect of each register entry for a mortgage or charge. (See Note 5)

† delete as appropriate

Signed Daniel A. Attree

Date 21st July 1999

On behalf of ~~Company~~ mortgagee/chargee†

Notes

- 1 The original instrument (if any) creating or evidencing the charge, together with these prescribed particulars correctly completed must be delivered to the Registrar of Companies within 21 days after the date of creation of the charge (section 395). If the property is situated and the charge was created outside the United Kingdom delivery to the Registrar must be effected within 21 days after the date on which the instrument could in due course of post, and if dispatched with due diligence, have been received in the United Kingdom (section 398). A copy of the instrument creating the charge will be accepted where the property charged is situated and the charge was created outside the United Kingdom (section 398) and in such cases the copy must be verified to be a correct copy either by the company or by the person who has delivered or sent the copy to the Registrar. The verification must be signed by or on behalf of the person giving the verification and where this is given by a body corporate it must be signed by an officer of that body. A verified copy will also be accepted where section 398 (4) applies (property situate in Scotland or Northern Ireland) and Form 398 is submitted.
- 2 A description of the instrument eg 'Trust Deed', 'Debenture', 'Mortgage' or 'Legal Charge', etc as the case may be, should be given.
- 3 In this section there should be inserted the amount or rate percent of the commission, allowance or discount, (if any) paid or made either directly or indirectly by the company to any person in consideration of his:
(a) Subscribing or agreeing to subscribe, whether absolutely or conditionally, or
(b) Procuring or agreeing to procure subscriptions, whether absolute or conditional, for any of the debentures included in this return. The rate of interest payable under the terms of the debentures should not be entered.
- 4 If any of the spaces in this form provide insufficient space the particulars must be entered on the prescribed continuation sheet.
- 5 Cheques and Postal Orders are to be made payable to Companies House.
- 6 The address of the Registrar of Companies is: Companies House, Crown Way, Cardiff CF4 3UZ

FILE COPY



CERTIFICATE OF THE REGISTRATION OF A MORTGAGE OR CHARGE

Pursuant to section 401(2) of the Companies Act 1985

COMPANY No. 01789716

THE REGISTRAR OF COMPANIES FOR ENGLAND AND WALES HEREBY CERTIFIES THAT A SECURITY DEPOSIT DEED DATED THE 8th JULY 1999 AND CREATED BY INSTANT MUSCLE FOR SECURING ALL MONIES DUE OR TO BECOME DUE FROM THE COMPANY TO MILLER FREEMAN UK LIMITED ARISING OUT OF THE COVENANTS AND CONDITIONS CONTAINED IN A LEASE DATED 8 JULY 1999 WAS REGISTERED PURSUANT TO CHAPTER 1 PART XII OF THE COMPANIES ACT 1985 ON THE 23rd JULY 1999.

GIVEN AT COMPANIES HOUSE, CARDIFF THE 28th JULY 1999.

Handwritten signature/initials



THE OFFICIAL SEAL OF THE
REGISTRAR OF COMPANIES



C O M P A N I E S H O U S E