



Companies House

— for the record —

Company Name

LIFECYCLE LIMITED

Company Type

Private Company Limited By
Shares

Company Number

1816173

Information extracted from
Companies House records on
14th February 2004

363s Annual Return

- > Please check the details printed in blue on this statement.
- > If any details are wrong, strike them through and write the correct details in the "Amended details" column.
- > Please use black pen and write in capitals.



A03
COMPANIES HOUSE

0114
10/03/04

Section 1: Company details

Ref: 1816173/03/10

| | Current details | Amended details | | | | | | | | | | | | | | | | |
|---|---|--|-------------|------|---------------------|--|----------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| > Registered Office Address <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> | Samuel Ryder House Townsend Drive Attleborough Fields Nuneaton Warwickshire CV11 6XW | Address _____ _____ _____ UK Postcode _ _ _ _ _ | | | | | | | | | | | | | | | | |
| > Register of Members <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> | Address where the Register is held At Registered Office | Address _____ _____ _____ UK Postcode _ _ _ _ _ | | | | | | | | | | | | | | | | |
| > Register of Debenture Holders <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> | Not Applicable | Address _____ _____ _____ UK Postcode _ _ _ _ _ | | | | | | | | | | | | | | | | |
| > Principal Business Activities <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> | <table border="1"> <thead> <tr> <th>SIC Code</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td>7499</td> <td>Non-trading company</td> </tr> </tbody> </table> | SIC Code | Description | 7499 | Non-trading company | <table border="1"> <thead> <tr> <th>SIC CODE</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> </tbody> </table> | SIC CODE | Description | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| SIC Code | Description | | | | | | | | | | | | | | | | | |
| 7499 | Non-trading company | | | | | | | | | | | | | | | | | |
| SIC CODE | Description | | | | | | | | | | | | | | | | | |
| _____ | _____ | | | | | | | | | | | | | | | | | |
| _____ | _____ | | | | | | | | | | | | | | | | | |
| _____ | _____ | | | | | | | | | | | | | | | | | |
| _____ | _____ | | | | | | | | | | | | | | | | | |
| _____ | _____ | | | | | | | | | | | | | | | | | |
| > Please enter additional principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes. | | | | | | | | | | | | | | | | | | |

Section 2: Details of Officers of the Company

| | Current details | Amended details |
|--|---|---|
| <p>> Company Secretary <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i></p> <p><i>Particulars of a new Company Secretary must be notified on form 288a.</i></p> | <p>Name Roger CRADDOCK LLB</p> <p>Address Longmeadow House 52 Rosemary Hill Road Streetly Sutton Coldfield West Midlands B74 4HJ</p> | <p>Name _____</p> <p><input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.</p> <p>Address _____ _____ _____</p> <p>UK Postcode _ _ _ _ _</p> <p>Date of change _ _ / _ _ / _ _ _ _</p> <p>Date Roger CRADDOCK LLB ceased to be secretary (if applicable) _ _ / _ _ / _ _ _ _</p> |
| <p>> Director <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i></p> <p><i>Particulars of a new Director must be notified on form 288a.</i></p> | <p>Name Peter Howard ALDIS</p> <p>Address Farmhouse Main Street Thornton Leicestershire LE67 1AH</p> <p>Date of birth 17/06/1964</p> <p>Nationality Irish</p> <p>Occupation Managing Director</p> | <p>Name _____</p> <p><input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.</p> <p>Address _____ _____ _____</p> <p>UK Postcode _ _ _ _ _</p> <p>Date of birth _ _ / _ _ / _ _ _ _</p> <p>Nationality _____</p> <p>Occupation _____</p> <p>Date of change _ _ / _ _ / _ _ _ _</p> <p>Date Peter Howard ALDIS ceased to be director (if applicable) _ _ / _ _ / _ _ _ _</p> |

Current details

Amended details

> Director

If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.

Particulars of a new Director must be notified on form 288a.

Name
Roger CRADDOCK LLB

Address
Longmeadow House
52 Rosemary Hill Road Streetly
Sutton Coldfield
West Midlands
B74 4HJ

Date of birth 07/01/1955

Nationality British

Occupation Solicitor

Name

☐ Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.

Address

UK Postcode _ _ _ _ _

Date of birth _ _ / _ _ / _ _ _ _

Nationality _ _ _ _ _

Occupation _ _ _ _ _

Date of change _ _ / _ _ / _ _ _ _

Date Roger CRADDOCK LLB ceased to be director (if applicable)

 _ _ / _ _ / _ _ _ _

> Director

If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.

Particulars of a new Director must be notified on form 288a.

Name
Gillian Margaret DAY

Address
Our House
1 Meadow Brook Court
Appleby Magna
Derbyshire
DE12 7AX

Date of birth 09/08/1948

Nationality British

Occupation Director

Name

☐ Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.

Address

UK Postcode _ _ _ _ _

Date of birth _ _ / _ _ / _ _ _ _

Nationality _ _ _ _ _

Occupation _ _ _ _ _

Date of change _ _ / _ _ / _ _ _ _

Date Gillian Margaret DAY ceased to be director (if applicable)

 _ _ / _ _ / _ _ _ _

| | Current details | Amended details |
|---|--|---|
| > Director <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> <i>Particulars of a new Director must be notified on form 288a.</i> | Name Harvey KAMIL Address 11 Shore Drive Setauket New York 11733 U S A Date of birth 12/01/1944 Nationality American Occupation President | Name _____ <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Address _____ _____ _____ UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Harvey KAMIL ceased to be director (if applicable) _ _ / _ _ / _ _ _ _ |
| > Director <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> <i>Particulars of a new Director must be notified on form 288a.</i> | Name Martin Philip MORAN Address Woodlands 24 Chestnut Drive Stretton Hall Great Glen Leicestershire LE2 4QX Date of birth 14/11/1953 Nationality Irish Occupation Director | Name _____ <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Address _____ _____ _____ UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Martin Philip MORAN ceased to be director (if applicable) _ _ / _ _ / _ _ _ _ |

> Director

If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.

Particulars of a new Director must be notified on form 288a.

Current details

Name

Scott RUDOLPH

Address

~~90 Orville Drive~~
~~Bohemia~~
~~New York~~
~~11716-2510~~
~~USA~~

Date of birth 30/11/1957

Nationality American

Occupation ~~Company Director~~

Amended details

Name

☐ Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.

Address

25 PIPING ROCK ROAD, UPPER
BROOKVILLE, NEW YORK,
11545, U.S.A.

UK Postcode

Date of birth

Nationality

Occupation CHAIRMAN

Date of change 01, 02, 2003

Date Scott RUDOLPH ceased to be director (if applicable)

> Director

If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.

Particulars of a new Director must be notified on form 288a.

Name

Barry VICKERS

Address

Dunelm 18 Bramhall Close
West Kirby
Wirral
CH48 8BP

Date of birth 18/08/1938

Nationality British

Occupation ~~Director~~

Name

☐ Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.

Address

UK Postcode

Date of birth

Nationality

Occupation CHIEF EXECUTIVE officer

Date of change 01, 02, 2003

Date Barry VICKERS ceased to be director (if applicable)

Section 3: Share Capital

| | Current details | Amended details |
|--|--|---|
| > Issued Share Capital <i>This table shows the total number of shares that have been issued by your company and their Nominal Value. If any of the details are wrong, please fill in the correct details.</i> | Class of share Ordinary A | Class of share _____ |
| | Nominal value of each share £1.00 | Nominal value of each share _____ |
| | Number of shares issued 80,000 | Number of shares issued _____ |
| | Aggregate Nominal Value of issued shares £80,000.00 | Aggregate Nominal Value of issued shares _____ |
| | Class of share Ordinary B | Class of share _____ |
| | Nominal value of each share £1.00 | Nominal value of each share _____ |
| | Number of shares issued 50,000 | Number of shares issued _____ |
| | Aggregate Nominal Value of issued shares £50,000.00 | Aggregate Nominal Value of issued shares _____ |
| | Class of share Ordinary C | Class of share _____ |
| | Nominal value of each share £1.00 | Nominal value of each share _____ |
| | Number of shares issued 1,210,000 | Number of shares issued _____ |
| | Aggregate Nominal Value of issued shares £1,210,000.00 | Aggregate Nominal Value of issued shares _____ |
| | Class of share Ordinary D | Class of share _____ |
| | Nominal value of each share £1.00 | Nominal value of each share _____ |
| | Number of shares issued 20,000 | Number of shares issued _____ |
| | Aggregate Nominal Value of issued shares £20,000.00 | Aggregate Nominal Value of issued shares _____ |

| Current details | Amended details |
|---|---|
| Class of share Ordinary E | Class of share _____ |
| Nominal value of each share £1.00 | Nominal value of each share _____ |
| Number of shares issued 140,000 | Number of shares issued _____ |
| Aggregate Nominal Value of issued shares £140,000.00 | Aggregate Nominal Value of issued shares _____ |

> **Total shares issued and value**

If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.

Total number of shares issued
1,500,000

Total Nominal value of shares issued
£1,500,000.00

Total number of shares issued

Total Nominal value of shares issued

- > At the date of this Annual Return, if the company has altered or changed its share capital in any way or allotted new shares, please refer to the guidance notes for details of the appropriate form that should be sent with this Annual Return. Annual return guidance notes are available on the Companies House web site at www.companieshouse.gov.uk or by ringing 0870 3333636.

Section 4: Details of Shareholders

- > The details we hold on your company's shareholders and their shareholdings are printed below. These are based on your last Annual Return.
- > If any details have changed, or if any shares have been transferred, please fill in the details in the "Amended details" or "Shares transferred" column.
- > Please give details of any other shareholders in Section 5.

| Current details | | Amended details | | Shares transferred | | |
|--|---------------|------------------------------------|---------------|---|---------------|-------------------------|
| > Shareholder Name HOLLAND & BARRETT RETAIL LTD | | Name _____ | | Shares transferred by HOLLAND & BARRETT RETAIL LTD | | |
| Address Samuel Ryder House Townsend Drive Attleborough Fields Nuneaton Warwickshire CV11 6XW | | Address _____ _____ _____ | | | | |
| UK Postcode | | UK Postcode _ _ _ _ _ | | | | |
| Shares held | | Shares held | | | | |
| <i>Class</i> | <i>Number</i> | <i>Class</i> | <i>Number</i> | <i>Class</i> | <i>Number</i> | <i>Date of transfer</i> |
| Ordinary E | 140000 | _____ | _____ | _____ | _____ | __/__/____ |
| Ordinary D | 20000 | _____ | _____ | _____ | _____ | __/__/____ |
| Ordinary C | 1210000 | | | | | |
| Ordinary B | 50000 | | | | | |
| Ordinary A | 80000 | | | | | |

Section 5: Details of Other Shareholders

- > Please fill in details of any persons or corporate bodies who are shareholders of the company at the date of this return, but whose details are not printed in Section 4.
- > Also, provide the details of any persons who became but have ceased to be shareholders of the company since the date of the last annual return.
- > For jointly held shares please list those joint shareholders consecutively on the form. If a joint shareholder also holds shares in their own right, list that holding separately.
- > Please copy this page if there is not enough space to enter all the company's other shareholders.

| Shareholders details | Class and number of shares or amount of stock held | Class and number of shares or amount of stock transferred (If appropriate) | Date of registration of transfer (If appropriate) |
|---|--|--|---|
| Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _ | | | |
| Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _ | | | |
| Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _ | | | |
| Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _ | | | |



Companies House

— for the record —

363s Annual Return Declaration

- > When you have checked all the sections of this form, please complete this page and sign the declaration below.
- > If you want to change the made up date of this annual return, please complete 2 below.

1. Declaration

- ☒ I confirm that the details in this annual return are correct as at the made-up-date (shown at 2 below). I enclose the filing fee of £15.

Signature

(Director / Secretary)

Date

09, 03, 2004

This date must not be earlier than the return date at 2 below

What to do now

Complete this page then send the whole of the Annual Return and the declaration to the address shown at 4 below.

2. Date of this return

- ☒ This AR is made up to 9/3/2004
- If you are making this return up to an earlier date, please give the date here

__ / __ / ____

Note: The form must be delivered to CH within 28 days of this date

3. Date of next return

- ☐ If you wish to change your next return to a date earlier than **9th March 2005** please give the new date here:

__ / __ / ____

4. Where to send this form

- ☒ Please return this form to:

Registrar of Companies
Companies House
Crown Way
Cardiff CF14 3UZ

OR

For members of the Hays Document
Exchange service
DX 33050 Cardiff

Have you enclosed the filing fee with the company number written on the reverse of the cheque?

Contact Address

You do not have to give any contact information below, but if you do, it will help Companies House to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Contact Name

MR. R. CRAODOCK

Telephone number *inc code*

Address

HOLLAND & BARRETT RETAIL LTD
SAMUEL RYDER HOUSE
TOWNSEND DRIVE
ATTLEBOROUGH FIELDS
NUNEATON
WARWICKSHIRE CV11 6XW

DX number *if applicable*

DX exchange

Postcode

Tel: 02476 244400
Fax: 02476 320034