



Companies House

— for the record —

Company Name

LIFECYCLE LIMITED

## 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.

Company Type

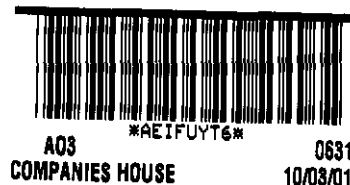
**Private Company Limited By Shares**

Company Number

**1816173**

Information extracted from  
Companies House records on  
**21st February 2001**

### Section 1: Company details



Ref: 1816173/03/10

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

## Section 2: Details of Officers of the Company

|  | Current details   | Amended details  |
|--|---|--|
| <b>&gt; Company Secretary</b><br><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><br><br><i>Particulars of a new Company Secretary must be notified on form 288.</i> | <b>Name</b><br>Roger CRADDOCK LLB<br><br><b>Address</b><br>Longmeadow House<br>52 Rosemary Hill Road Streetly<br>Sutton Coldfield<br>West Midlands<br>B74 4HJ   | <b>Name</b><br><br><b>Address</b><br><br><br>UK Postcode    _ _ _ _ _<br>Date of change    _ _ / _ _ / _ _ _ _<br>Date Roger CRADDOCK LLB<br>ceased to be secretary (if applicable)<br>_ _ / _ _ / _ _ _ _   |
| <b>&gt; Director</b><br><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><br><br><i>Particulars of a new Director must be notified on form 288.</i>                   | <b>Name</b><br>Peter Howard ALDIS<br><br><b>Address</b><br>The Manse Church Lane<br>Thornton<br>Leicestershire<br>LE67 1AA<br><br><b>Date of birth</b> 17/06/1964<br><br><b>Nationality</b> Irish<br><br><b>Occupation</b> Director                                       | <b>Name</b><br><br><b>Address</b><br><br><br>UK Postcode    _ _ _ _ _<br>Date of birth        _ _ / _ _ / _ _ _ _<br>Nationality        _ _ _ _ _<br>Occupation        _ _ _ _ _<br>Date of change    _ _ / _ _ / _ _ _ _<br>Date Peter Howard ALDIS ceased to be<br>director (if applicable)<br>_ _ / _ _ / _ _ _ _ |
| <b>&gt; Director</b><br><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><br><br><i>Particulars of a new Director must be notified on form 288.</i>                   | <b>Name</b><br>Roger CRADDOCK LLB<br><br><b>Address</b><br>Longmeadow House<br>52 Rosemary Hill Road Streetly<br>Sutton Coldfield<br>West Midlands<br>B74 4HJ<br><br><b>Date of birth</b> 07/01/1955<br><br><b>Nationality</b> British<br><br><b>Occupation</b> Solicitor | <b>Name</b><br><br><b>Address</b><br><br><br>UK Postcode    _ _ _ _ _<br>Date of birth        _ _ / _ _ / _ _ _ _<br>Nationality        _ _ _ _ _<br>Occupation        _ _ _ _ _<br>Date of change    _ _ / _ _ / _ _ _ _<br>Date Roger CRADDOCK LLB ceased to be<br>director (if applicable)<br>_ _ / _ _ / _ _ _ _ |

|  | Current details   | Amended details  |
|--|---|--|
| <b>&gt; Director</b><br><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> | <b>Name</b><br>Gillian Margaret DAY<br><br><b>Address</b><br>1 Pilgrims Gate<br>Burbage<br>Hinckley<br>Leicestershire<br>LE10 2EL<br><br><b>Date of birth</b> 09/08/1948<br><br><b>Nationality</b> British<br><br><b>Occupation</b> Director    | <b>Name</b><br>_____<br><br><b>Address</b><br>_____<br>_____<br>_____<br><br><b>UK Postcode</b> _ _ _ _ _<br><b>Date of birth</b> _ _ / _ _ / _ _ _ _<br><b>Nationality</b> _____<br><b>Occupation</b> _____<br><b>Date of change</b> _ _ / _ _ / _ _ _ _<br><b>Date</b> Gillian Margaret DAY ceased to be director (if applicable)<br>_ _ / _ _ / _ _ _ _ |
| <i>Particulars of a new Director must be notified on form 288.</i>   |   |  |
| <b>&gt; Director</b><br><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> | <b>Name</b><br>Harvey KAMIL<br><br><b>Address</b><br>11 Shore Drive<br>Setauket<br>New York<br>11733<br>U S A<br><br><b>Date of birth</b> 12/01/1944<br><br><b>Nationality</b> American<br><br><b>Occupation</b> Vice President                 | <b>Name</b><br>_____<br><br><b>Address</b><br>_____<br>_____<br>_____<br><br><b>UK Postcode</b> _ _ _ _ _<br><b>Date of birth</b> _ _ / _ _ / _ _ _ _<br><b>Nationality</b> _____<br><b>Occupation</b> _____<br><b>Date of change</b> _ _ / _ _ / _ _ _ _<br><b>Date</b> Harvey KAMIL ceased to be director (if applicable)<br>_ _ / _ _ / _ _ _ _         |
| <i>Particulars of a new Director must be notified on form 288.</i>   |   |  |
| <b>&gt; Director</b><br><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> | <b>Name</b><br>Scott RUDOLPH<br><br><b>Address</b><br>90 Orville Drive<br>Bohemia<br>New York<br>11716-2510<br>U S A<br><br><b>Date of birth</b> 30/11/1957<br><br><b>Nationality</b> American<br><br><b>Occupation</b> Chief Executive Officer | <b>Name</b><br>_____<br><br><b>Address</b><br>_____<br>_____<br>_____<br><br><b>UK Postcode</b> _ _ _ _ _<br><b>Date of birth</b> _ _ / _ _ / _ _ _ _<br><b>Nationality</b> _____<br><b>Occupation</b> _____<br><b>Date of change</b> _ _ / _ _ / _ _ _ _<br><b>Date</b> Scott RUDOLPH ceased to be director (if applicable)<br>_ _ / _ _ / _ _ _ _        |
| <i>Particulars of a new Director must be notified on form 288.</i>   |   |  |

## &gt; 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 288.

## Current details

Name

Barry VICKERS

Address

Dunelm 18 Bramhall Close

Wirral

Merseyside

CH48 8BP

Date of birth 18/08/1938

Nationality British

Occupation Managing Director

## Amended details

Name

Address

UK Postcode

Date of birth

Nationality

Occupation

Date of change

Date Barry VICKERS ceased to be director (if applicable)

## Section 3: Share Capital

|  | Current details  | Amended details                          |
|--|--|--|
| <b>&gt; Issued Share Capital</b><br><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> | <b>Class of share</b>  | Class of share                           |
|  | Ordinary A   |  |
|  | <b>Nominal value of each share</b><br>£1.00                      | Nominal value of each share              |
|  | <b>Number of shares issued</b><br>80,000                         | Number of shares issued                  |
|  | <b>Aggregate Nominal Value of issued shares</b><br>£80,000.00    | Aggregate Nominal Value of issued shares |
|  | <b>Class of share</b>  | Class of share                           |
|  | Ordinary B   |  |
|  | <b>Nominal value of each share</b><br>£1.00                      | Nominal value of each share              |
|  | <b>Number of shares issued</b><br>50,000                         | Number of shares issued                  |
|  | <b>Aggregate Nominal Value of issued shares</b><br>£50,000.00    | Aggregate Nominal Value of issued shares |
|  | <b>Class of share</b>  | Class of share                           |
|  | Ordinary C   |  |
|  | <b>Nominal value of each share</b><br>£1.00                      | Nominal value of each share              |
|  | <b>Number of shares issued</b><br>1,210,000                      | Number of shares issued                  |
|  | <b>Aggregate Nominal Value of issued shares</b><br>£1,210,000.00 | Aggregate Nominal Value of issued shares |
|  | <b>Class of share</b>  | Class of share                           |
|  | Ordinary D   |  |
|  | <b>Nominal value of each share</b><br>£1.00                      | Nominal value of each share              |
|  | <b>Number of shares issued</b><br>20,000                         | Number of shares issued                  |
|  | <b>Aggregate Nominal Value of issued shares</b><br>£20,000.00    | Aggregate Nominal Value of issued shares |

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

> **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 number of shares issued  
\_\_\_\_\_

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

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](http://www.companieshouse.gov.uk) or by ringing 029 2038 0801.

**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  |  |            |
|--|---------------|--|---------------|---|--|------------|
| <b>&gt; Shareholder Name</b><br><b>HOLLAND &amp; BARRETT</b><br><b>RETAIL LTD</b>  |               | <b>Name</b><br><br>  |               |   |  |            |
| <b>Address</b><br><b>Samuel Ryder House</b><br><b>Townsend Drive Attleborough</b><br><b>Fields Ind Estate</b><br><b>Nuneaton</b><br><b>Warwickshire</b><br><b>CV11 6XW</b> |               | <b>Address</b><br><br><br><br>   |               |   |  |            |
| <b>Shares held</b><br><b>Class</b><br><b>Ordinary E</b><br><br><b>Ordinary D</b><br><br><b>Ordinary C</b><br><br><b>Ordinary B</b><br><br><b>Ordinary A</b>                |               | <b>UK Postcode</b> _ _ _ _ _<br><br><b>Shares held</b><br><b>Class</b><br><br><br><br><br><br><br> |               | <b>Shares transferred by</b><br><b>HOLLAND &amp; BARRETT</b><br><b>RETAIL LTD</b><br><br><b>Class</b> <b>Number</b> <b>Date of transfer</b><br><br><br><br><br><br><br><br> |  |            |
|  | <b>Number</b> |  | <b>Number</b> |   |  |            |
|  | 140000        |  |               |   |  | __/__/____ |
|  | 20000         |  |               |   |  | __/__/____ |
|  | 1210000       |  |               |   |  |            |
|  | 50000         |  |               |   |  |            |
|  | 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<br>_____<br>Address<br>_____<br>_____<br>_____<br>UK Postcode    _ _ _ _ _ |  |  |   |
| Name<br>_____<br>Address<br>_____<br>_____<br>_____<br>UK Postcode    _ _ _ _ _ |  |  |   |
| Name<br>_____<br>Address<br>_____<br>_____<br>_____<br>UK Postcode    _ _ _ _ _ |  |  |   |
| Name<br>_____<br>Address<br>_____<br>_____<br>_____<br>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 / 2001

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 9/3/2001
- 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 2002** please give the new date here:

\_\_ / \_\_ / \_\_

### 4. Where to send this form

- ☒ Please return this form to:
- |                        |    |                                  |
|------------------------|----|----------------------------------|
| Registrar of Companies |    | For members of the Hays Document |
| Companies House        |    | Exchange service                 |
| Crown Way              | OR | DX 33050 Cardiff                 |
| Cardiff CF14 3UZ       |    |                                  |

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

Cheque



Postal Order



Cheque / Postal Order

Number

015785

(Please complete as appropriate)

### Contact Address

Please give the name and address of the person who should be contacted if there are any queries about this form.

Contact Name

ROGER CRADDOCK

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

Tel: 02476 244400  
Postcode Fax: 02476 320034