



Companies House

— for the record —

Company Name

LIFECYCLE LIMITED

363s Annual Return

204795/30

Company Type

Private Company Limited By Shares

Company Number

1816173

Information extracted from
Companies House records on
12th February 2005

- > 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.



A44
COMPANIES HOUSE

0016
11/03/05

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> <tr><td>_____</td><td>_____</td></tr> </tbody> </table>	SIC CODE	Description	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
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_____	_____																			
> Please enter additional principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes.																				

	Current details	Amended details
> 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> <i>Particulars of a new Company Secretary must be notified on form 288a.</i>	Name Roger CRADDOCK LLB Address Longmeadow House 52 Rosemary Hill Road Streetly Sutton Coldfield West Midlands B74 4HJ	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 change _ _ / _ _ / _ _ _ _ Date Roger CRADDOCK LLB ceased to be secretary (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 Peter Howard ALDIS Address Farmhouse Main Street Thornton Leicestershire LE67 1AH Date of birth 17/06/1964 Nationality Irish Occupation Managing 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 Peter Howard ALDIS 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 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 <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 Roger CRADDOCK LLB 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 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 <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 Gillian Margaret DAY 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
Harvey KAMIL

Address
11 Shore Drive
Setauket
New York
11733
U S A

Date of birth 12/01/1944

Nationality American

Occupation President

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

UK Postcode _ _ _ _ _

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

Nationality _ _ _ _ _

Occupation _ _ _ _ _

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

Date Harvey KAMIL 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
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

☐ 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)

_ _ / _ _ / _ _ _ _

	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 Scott RUDOLPH Address 25 Piping Rock Road Upper Brookville New York 11545 U S A Date of birth 30/11/1957 Nationality American Occupation Chairman	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 Scott RUDOLPH 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 Barry VICKERS Address Dunelm 18 Bramhall Close West Kirby Wirral CH48 8BP Date of birth 18/08/1938 Nationality British Occupation Chief Executive Officer	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 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	Class of share
	Ordinary A	_____
	Nominal value of each share	Nominal value of each share
	£1.00	_____
	Number of shares issued	Number of shares issued
	80,000	_____
	Aggregate Nominal Value of issued shares	Aggregate Nominal Value of issued shares
	£80,000.00	_____
	Class of share	Class of share
	Ordinary B	_____
	Nominal value of each share	Nominal value of each share
	£1.00	_____
	Number of shares issued	Number of shares issued
	50,000	_____
	Aggregate Nominal Value of issued shares	Aggregate Nominal Value of issued shares
	£50,000.00	_____
	Class of share	Class of share
	Ordinary C	_____
	Nominal value of each share	Nominal value of each share
	£1.00	_____
	Number of shares issued	Number of shares issued
	1,210,000	_____
	Aggregate Nominal Value of issued shares	Aggregate Nominal Value of issued shares
	£1,210,000.00	_____
	Class of share	Class of share
	Ordinary D	_____
	Nominal value of each share	Nominal value of each share
	£1.00	_____
	Number of shares issued	Number of shares issued
	20,000	_____
	Aggregate Nominal Value of issued shares	Aggregate Nominal Value of issued shares
	£20,000.00	_____

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		Total number of shares issued
<i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>		_____
Total number of shares issued		Total Nominal value of shares issued
1,500,000		_____
Total Nominal value of shares issued		Total Nominal value of shares issued
£1,500,000.00		_____

- > 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 				
Address Samuel Ryder House Townsend Drive Attleborough Fields Nuneaton Warwickshire CV11 6XW		UK Postcode _ _ _ _ _				
Shares held Class Number		Shares held Class Number				
Ordinary E	140000			Class	Number	Date of transfer
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 £30.

Signature

(Director / Secretary)

Date

09 / 03 / 2005

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 9/3/2005
- 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 2006 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

Telephone number inc code

MR. R. CRADDOCK

Address

HOLLAND & BARRETT RETAIL LTD DX number if applicable

SAMUEL RYDER HOUSE

TOWNSEND DRIVE

ATTLEBOROUGH FIELDS

NUNEATON

WARWICKSHIRE CV11 6XW

DX exchange

Tel: 02476 244400

Fax: 02476 320034

Postcode
