

000566 / 30



Company Name
TRAINSTATION LIMITED

363s Annual Return

Company Type
Private Company Limited By Shares
Company Number
3381595
Information extracted from
Companies House records on
4th July 2007

- > Please check the details printed in the "Current details" column
- > If any details are wrong, strike them through and write the correct details in the "Amended details" column
- > Please complete in black ink

Section 1: Company details

WEDNESDAY



A46 08/08/2007 738
COMPANIES HOUSE

Ref 3381595/09/28

	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>	C/O La Fitness Limited Sandall Stones Road Kirk Sandall Doncaster South Yorkshire DN3 1QR	Address _____ _____ _____ UK Postcode L L L L L L L																		
> 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 101 Commercial Road London E1 1RD	Address <u>C/O LA FITNESS LIMITED</u> <u>SANDALL STONES ROAD,</u> <u>KIRK SANDALL, DONCASTER</u> UK Postcode <u>DN3 1QR</u> S YORKS																		
> 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 L L L L L L L																		
> 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>9262</td> <td>Other sporting activities</td> </tr> </tbody> </table>	SIC Code	Description	9262	Other sporting activities	<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																				

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> 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
Christopher James STORR

Address
The Grange
Hollingdon
Ashbourne
Derbyshire
DE6 3GB

Date of birth 10/03/1959

Nationality British

Occupation 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

UK Postcode _ _ _ _ _

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

Nationality _ _ _ _ _

Occupation _ _ _ _ _

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

Date Christopher James STORR
ceased to be director (if applicable)

_ _ / _ _ / _ _ _ _

Issued share capital details

> Please fill in the details of total share capital by class (eg ordinary, preference etc) that has been issued to the company's shareholders	Class of Share	Number of shares issued
	<u>ORDINARY</u>	<u>3,495,370</u>
		Aggregate Nominal Value of issued shares
		<u>£349,537 00</u>
	Class of Share	Number of shares issued
	_____	_____
		Aggregate Nominal Value of issued shares

	Class of Share	Number of shares issued
	_____	_____
		Aggregate Nominal Value of issued shares

	Class of Share	Number of shares issued
	_____	_____
		Aggregate Nominal Value of issued shares

> Please fill in the total number of issued shares and their total nominal value		Number of shares issued <u>3,495,370</u> Aggregate Nominal Value of issued shares <u>£349,537 00</u>

List of past and present members (Tick appropriate box)

- > Please complete the required information on the attached schedules or in another format agreed by Companies House
- ☐ There were no changes during the period
☐ A list of changes is enclosed
☐ A full list of members is enclosed

The last full list of members was received on: 05/06/2006

- > **REMEMBER:**
Changes to shareholder particulars or details of shares transferred to be **completed each year**
 A full list of shareholders is required with the first and every third Annual Return thereafter
 List shareholders in alphabetical order or provide an index
 List joint shareholders consecutively

Section 4: Details of New Shareholders and Transfers (A) (ii)

- > Please fill in details of any persons or corporate bodies who have become shareholders since the last annual return
- > Please fill in details of any persons or corporate bodies that have transferred shares since the last annual return
- > Please use Section 4B to give details of any persons or corporate bodies who have ceased to be shareholders since the last annual return or, in the case of a first return, since the incorporation of the company
- > Please copy this page if there is not enough space to enter all the company's current 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 <u>DRAGONS HEALTH CLUBS</u> Address <u>LTD</u> <u>% LA FITNESS LTD</u> <u>SANDALL STONES ROAD, KIRK</u> <u>SANDALL, DONCASTER, S YORKS</u> UK Postcode <u>DN3 1QR</u>	3,495,370 ORDINARY SHARES OF £0.10		
Name _____ Address _____ _____ _____ UK Postcode L L L L L L L L			
Name _____ Address _____ _____ _____ UK Postcode L L L L L L L L			
Name _____ Address _____ _____ _____ UK Postcode L L L L L L L L			

Section 4B: Details of Former Shareholders

- > Please fill in details of any persons or corporate bodies who have ceased to be shareholders at the date of this return. Also, please give the dates that their shares were transferred
- > Please copy this page if there is not enough space to enter all the company's former shareholders

Former shareholders details	Class and number of shares or amount of stock transferred	Date of registration of transfer
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		

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

KS
(Director / Secretary)

Date

01 / 08 / 2007

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 **5/6/2007** 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 **5th June 2008** 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 C J STORR

Telephone number inc code

0844 7705475

Address

COMPANY SECRETARY

DX number if applicable

LA FITNESS LIMITED

SANDALL STONES ROAD

KIRK SANDALL, DONCASTER

Postcode

S YORKSHIRE

DN3 1QR