

**CHA 13**Please do not
write in this
marginPlease complete
legibly, preferably
in black type, or
bold block lettering* Insert full name
of company† distinguish
between
ordinary
preference, etc.§ complete
(a) or (b) as
appropriate**COMPANIES FORM No.88(2)(Rev 1988)****Return of allotments of shares****88(2)**

Pursuant to section 88(2) of the Companies Act 1985 (the Act)

To the Registrar of Companies (**address overleaf**)
(see note 1)**(REVISED 1988)**This form replaces forms
PUC2, PUC3 and 88(2)

Company Number

3782567

1. Name of company

* LONGSHOT HEALTH & FITNESS LIMITED

2. This section must be completed for all allotments

Descriptions of shares†	Ordinary		
A Number allotted	10908		
B Nominal value of each	£ 1	£	£
C Total amount (if any) paid or due and payable on each share (including premium if any)	£ 3	£	£

Date(s) on which the shares were allotted

(a) [on 3rd April 1982 000]§, or

(b) [from 19 to 19]§

The names and addresses of the allottees and the number of shares allotted to each should be given overleaf

3. If the allotment is wholly or partly other than for cash the following information must be given (see notes 2 & 3)

D Extent to which each share is to be treated as paid up. Please use percentage.			
E Consideration for which the shares were allotted			

NOTES

1. This form should be delivered to the Registrar of Companies within one month of the (first) date of allotment.

2. If the allotment is wholly or partly other than for cash, the company must deliver to the registrar a return containing the information at D & E. The company may deliver this information by completing D & E and the delivery of the information must be accompanied by the duly stamped contract required by section 88(2)(b) of the Act or by the duly stamped prescribed particulars required by section 88(3) (Form No 88(3)).

3. Details of bonus issues should be included only in section 2.

Presenter's name address, telephone
number and reference (if any):MACINTYRE & CO
28 ELY PLACE
LONDON EC1N 6RL
Ref:EMD

For official use

Post room


LD2
COMPANIES HOUSE0169
21/07/00

REV: 3.0 1/97

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Names and Addresses	Number of shares allotted		
	Ordinary	Preference	Other
KIRIT DOSHI	10908		
3 DE MONTFORT ROAD			
LONDON			
SW16 INF			
Total	10908		

‡ Insert,
Director,
Secretary,
Administrator,
Administrative
Receiver or
Receiver
(Scotland) as
appropriate.

Signed , Designation: DIRECTOR Date 21/7/06

Companies registered in Scotland
should deliver this form to:-

The Registrar of Companies
Companies House
37 Castle Terrace
Edinburgh
EH1 2EB

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