

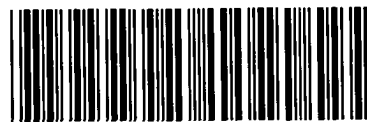
# LIQ03

## Notice of progress report in voluntary winding up



Companies House

SATURDAY



\*ABATQ254\*

A15

20/08/2022

#76

COMPANIES HOUSE

### 1 Company details

Company number 0 4 2 7 2 6 9 9

Company name in full The Pilates Practice Limited

→ Filling in this form  
Please complete in typescript or in  
bold black capitals.

### 2 Liquidator's name

Full forename(s) Lauren Rachel

Surname Cullen

### 3 Liquidator's address

Building name/number 197 Kingston Road

Street Epsom

Post town Surrey

County/Region

Postcode K T 1 9 0 A B

Country

### 4 Liquidator's name ①

Full forename(s)

Surname

① Other liquidator  
Use this section to tell us about  
another liquidator.

### 5 Liquidator's address ②

Building name/number

Street

Post town

County/Region

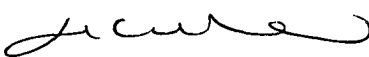
Postcode

Country

② Other liquidator  
Use this section to tell us about  
another liquidator.

LIQ03

Notice of progress report in voluntary winding up

<b>6</b>	<b>Period of progress report</b>											
From date	<sup>d</sup> 2	<sup>d</sup> 2	<sup>m</sup> 0	<sup>m</sup> 7	<sup>y</sup> 2	<sup>y</sup> 0	<sup>y</sup> 2	<sup>y</sup> 1				
To date	<sup>d</sup> 2	<sup>d</sup> 1	<sup>m</sup> 0	<sup>m</sup> 7	<sup>y</sup> 2	<sup>y</sup> 0	<sup>y</sup> 2	<sup>y</sup> 2				
<b>7</b>	<b>Progress report</b>											
<input checked="" type="checkbox"/> The progress report is attached												
<b>8</b>	<b>Sign and date</b>											
Liquidator's signature	<div>Signature</div> <div>X  X</div>											
Signature date	<sup>d</sup> 1	<sup>d</sup> 9	<sup>m</sup> 0	<sup>m</sup> 8	<sup>y</sup> 2	<sup>y</sup> 0	<sup>y</sup> 2	<sup>y</sup> 2				

LIQ03

Notice of progress report in voluntary winding up



**Presenter information**

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

Contact name **Lauren Rachel Cullen**

Company name **Cullen & Co UK Limited**

Address **197 Kingston Road**

**Epsom**

Post town **Surrey**

County/Region

Postcode **K T 1 9 0 A B**

Country

DX

Telephone **0203 8877 200**



**Checklist**

**We may return forms completed incorrectly or with information missing.**

**Please make sure you have remembered the following:**

- ☐ The company name and number match the information held on the public Register.
- ☐ You have attached the required documents.
- ☐ You have signed the form.



**Important information**

**All information on this form will appear on the public record.**



**Where to send**

**You may return this form to any Companies House address, however for expediency we advise you to return it to the address below:**

The Registrar of Companies, Companies House,  
Crown Way, Cardiff, Wales, CF14 3UZ.  
DX 33050 Cardiff.



**Further information**

For further information please see the guidance notes on the website at [www.gov.uk/companieshouse](http://www.gov.uk/companieshouse) or email [enquiries@companieshouse.gov.uk](mailto:enquiries@companieshouse.gov.uk)

**This form is available in an alternative format. Please visit the forms page on the website at [www.gov.uk/companieshouse](http://www.gov.uk/companieshouse)**

# **Liquidator's Annual Progress Report to Members**

## **The Pilates Practice Limited - In Liquidation**

**19 August 2022**

### **CONTENTS**

- 1** Introduction and Statutory Information
- 2** Progress of the Liquidation
- 3** Creditors' Claims
- 4** Distributions to Members
- 5** Liquidator's Remuneration
- 6** Members' Rights
- 7** Next Report

### **APPENDICES**

Receipts and Payments Account for the Period from 22 July 2021 to 21 July 2022

Additional Information in Relation to Liquidator's Fees, Expenses & the use of Subcontractors

# THE PILATES PRACTICE LIMITED - IN LIQUIDATION

## 1 Introduction and Statutory Information

- 1.1 I, Lauren Rachel Cullen of Cullen & Co UK Limited, 197 Kingston Road, Epsom, Surrey, KT19 0AB, was appointed as Liquidator of The Pilates Practice Limited (the **Company**) on 22 July 2021. This report provides an update on the progress in the liquidation for year ended 21 July 2022 (the **Period**).
- 1.2 Information about the way that we will use, and store personal data on insolvency appointments can be found <https://www.cullenco.co.uk/privacy-policy>. If you are unable to download this, please contact us and a hard copy will be provided to you.
- 1.3 The trading address of the Company was 30 Western Lane, London, SW12 8JS.
- 1.4 The registered office of the Company was changed to 197 Kingston Road, Epsom, Surrey, KT19 0AB and its registered number is 04272699.

## 2 Progress of the Liquidation

- 2.1 Attached, I have provided an account of my Receipts and Payments for the Period, with a comparison to the Declaration of Solvency (**DoS**) values.

### 2.2 *Cash at Bank*

The Declaration of Solvency showed cash at bank of £3,899.62. This sum was received in full on my appointment.

### 2.3 *Director's Loan Account*

Prior to the liquidation, the Company's director withdrew funds totalling £70,682.30 in the form of a Director's Loan. This sum was distributed in specie to the sole member on the date of appointment.

### 2.4 *Tax Refund*

The Declaration of Solvency showed a tax refund due to the Company of £49,010.00, this in relation to s455 tax and HM Revenue & Customs will only release this when the liquidation is 21 months' old so should be shown in the next report. Once this has been received, I will conclude the liquidation.

## 3 Creditors' Claims

### *Unsecured Creditors*

- 3.1 The company's accountants were owed £2,368.80 in relation to fees. No funds were held in the liquidation for creditors and the sole member therefore repaid her capital distribution to equal this sum. The accountant was paid in full on 30 July 2021 and no interest was due.
- 3.2 An advertisement for claims was placed in the London Gazette, giving a deadline for the submission of claims of 25 August 2021. No response was received.

## 4 Distributions to Members

- 4.1 Distributions to the members totalled £68,313.50, this comprised of the distribution in specie of £70,682.30 referenced at 2.3 and then a repayment of £2,368.80 referenced at 3.1.
- 4.2 This represents a distribution to shareholders of £34,156.75 per share.

## THE PILATES PRACTICE LIMITED - IN LIQUIDATION

### 5 Liquidator's Remuneration

- 5.1 The members approved that the basis of the Liquidator's remuneration be fixed as a set amount of £2,750 plus VAT and disbursements.
- 5.2 The Liquidator has been paid the full amount of the total set fee approved by the members.
- 5.3 Also attached is additional information in relation to the Liquidator's fees and expenses including where relevant, information on the use of subcontractors and professional advisers.
- 5.4 A copy of 'A Shareholders' Guide to Liquidators' Fees' is available on request or can be downloaded from <https://www.cullen.co.uk/share-holders-guide>.

### 6 Members' Rights

- 6.1 Within 21 days of the receipt of this report, members with either at least 5% of the total voting rights of all the members having the right to vote at general meetings of the Company or with the permission of the court, may request in writing that the Liquidator provide further information about his remuneration or expenses which have been itemised in this progress report.
- 6.2 Any members with at least 10% of the total voting rights of all the members having the right to vote at general meetings of the Company may within 8 weeks of receipt of this progress report, make an application to court on the grounds that, in all the circumstances, the basis fixed for the Liquidator's remuneration is inappropriate and/or the remuneration charged or the expenses incurred by the Liquidator, as set out in this progress report, are excessive.

### 7 Next Report

- 7.1 I am required to provide a further report on the progress of the liquidation within two months of the end of the second anniversary of the liquidation, unless I have concluded matters prior to this, in which case I will write again with my proposed final account.




**Lauren Rachel Cullen**  
Liquidator

**The Pilates Practice Limited**  
**(In Liquidation)**  
**Liquidator's Summary of Receipts & Payments**

<b>Declaration of Solvency £</b>		<b>From 22/07/2021 To 21/07/2022 £</b>	<b>From 22/07/2021 To 21/07/2022 £</b>
	<b>ASSET REALISATIONS</b>		
3,899.62	Cash at Bank	3,899.62	3,899.62
70,682.30	Director's Loan Account	70,682.30	70,682.30
49,010.00	Tax Refund	NIL	NIL
		<u>74,581.92</u>	<u>74,581.92</u>
	<b>COST OF REALISATIONS</b>		
	Office Holders Expenses	80.00	80.00
	Office Holders Fees	2,750.00	2,750.00
	Specific Bond	205.00	205.00
	Statutory Advertising	248.85	248.85
	VAT	615.77	615.77
		<u>(3,899.62)</u>	<u>(3,899.62)</u>
	<b>UNSECURED CREDITORS</b>		
	Trade & Expense Creditors	2,368.80	2,368.80
		<u>(2,368.80)</u>	<u>(2,368.80)</u>
	<b>DISTRIBUTIONS</b>		
(2.00)	Ordinary Shareholders	68,313.50	68,313.50
		<u>(68,313.50)</u>	<u>(68,313.50)</u>
<u>123,589.92</u>		<u>(0.00)</u>	<u>(0.00)</u>
	<b>REPRESENTED BY</b>		
			<u>NIL</u>

Note:

  
 Lauren Rachel Cullen  
 Liquidator

## THE PILATES PRACTICE LIMITED - IN LIQUIDATION

### Additional Information in Relation to Liquidator's Fees, Expenses & the use of Subcontractors

#### Staff Allocation and the use of Subcontractors

The general approach to resourcing our assignments is to allocate staff with the skills and experience to meet the specific requirements of the case.

The constitution of the case team will usually consist of a Partner, a Manager, and an Administrator or Assistant. The exact constitution of the case team will depend on the anticipated size and complexity of the assignment and the experience requirements of the assignment.

We have not utilised the services of any subcontractors on this case.

#### Professional Advisors

We are not proposing to utilise the services of any professional advisers in this case.

#### Liquidator's Expenses

The estimate of expenses which were anticipated at the outset of the liquidation was provided to members when the basis of my fees was approved. The table below compares the anticipated costs against those incurred to date.

##### Category 1 expenses

These expenses do not require prior approval by members. The type of expenses that may be charged to a case as a Category 1 expense generally comprise of external supplies of incidental services specifically identifiable to the case, such as postage, case advertising, invoiced travel and external printing, external room hire and external storage costs. Also chargeable, will be any properly reimbursed expenses incurred by personnel in connection with the case. These expenses may include disbursements which are payments first met by an office holder and then reimbursed from the estate.

<b>Expense</b>	<b>Estimated overall cost £</b>	<b>Paid in the period covered by this report £</b>	<b>Incurred but not paid to date £</b>
Statutory advertising	248.85	248.85	Nil
Specific Penalty Bond	205.00	205.00	Nil
Swear Fee	80.00	80.00	Nil

##### Category 2 expenses

These expenses do require approval from members. These are costs which are directly referable to the appointment in question but are not payments which are made to an independent third party and may therefore include payments to associates of the office holder or shared or allocated costs that can be allocated to the appointment on a proper and reasonable basis. Category 2 expenses are not being charged by this firm on this case.