

In accordance with Rule 5.10 of the Insolvency (England & Wales) Rules 2016 & Section 94(3) of the Insolvency Act 1986.

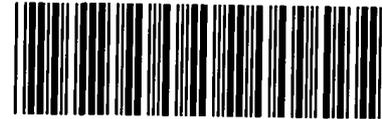
# LIQ13

## Notice of final account prior to dissolution in MVL



Companies House

FRIDAY



\*AC3UUR94\*  
A19 19/05/2023 #40  
COMPANIES HOUSE

<b>1</b>	<b>Company details</b>	
Company number	0 4 2 7 2 6 9 9	→ Filling in this form Please complete in typescript or in bold black capitals.
Company name in full	The Pilates Practice Limited	
<b>2</b>	<b>Liquidator's name</b>	
Full forename(s)	Lauren Rachel	
Surname	Cullen	
<b>3</b>	<b>Liquidator's address</b>	
Building name/number	197 Kingston Road	
Street	Epsom	
Post town	Surrey	
County/Region		
Postcode	K T 1 9 0 A B	
Country		
<b>4</b>	<b>Liquidator's name ①</b>	
Full forename(s)		① Other liquidator Use this section to tell us about another liquidator.
Surname		
<b>5</b>	<b>Liquidator's address ②</b>	
Building name/number		② Other liquidator Use this section to tell us about another liquidator.
Street		
Post town		
County/Region		
Postcode		
Country		

# LIQ13

## Notice of final account prior to dissolution in MVL

### 6 Final account

I have delivered the final account of the winding up to the members in accordance with Section 94(2) and attach a copy.

### 7 Sign and date

Liquidator's signature

Signature

X

*[Handwritten signature]*

X

Signature date

<sup>d</sup>

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<sup>y</sup>

<sup>y</sup>

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# LIQ13

## Notice of final account prior to dissolution in MVL

### **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 Final Account to Members**

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

**17 May 2023**

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- 2** Receipts and Payments
- 3** Work undertaken by the Liquidator
- 4** Outcome for Creditors
- 5** Distributions to Members
- 6** Liquidator's Remuneration
- 7** Conclusion

### **APPENDICES**

Receipts and Payments Account from 22 July 2022 to 17 May 2023 together with Cumulative Receipts and Payments Account from 22 July 2021 to 17 May 2023

Additional Information in relation to Liquidator's Fees & Expenses

## THE PILATES PRACTICE LIMITED - IN LIQUIDATION

### 1 Introduction

- 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. The affairs of the Company are now fully wound-up and this is my final account of the liquidation, which covers the period since my appointment (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 Receipts and Payments

- 2.1 Attached, I have provided an account of my Receipts and Payments for the Period with a comparison to the director's Declaration of Solvency, which provides details of the remuneration charged and expenses incurred and paid by the Liquidator.

### 3 Work undertaken by the Liquidator

- 3.1 This section of the report provides creditors with an overview of the work undertaken in the liquidation since 22 July 2021, together with information on the overall outcome of the liquidation.

#### 3.2 *First Year Realisations*

As noted previously, during the first year of the liquidation, cash at bank of £3,899.62 was received and a Director's Loan was distributed in specie of £70,682.30 on the date of my appointment to the sole member.

#### 3.3 *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. Accordingly, in this Period, the sum of £49,023.42 was received in this regard and I can now conclude the liquidation.

### 4 Outcome for Creditors

#### *Unsecured Creditors*

- 4.1 As noted previously, 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.
- 4.2 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.

## THE PILATES PRACTICE LIMITED - IN LIQUIDATION

### 5 Distributions to Members

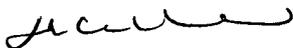
- 5.1 During the Period cash distributions were made of £49,023.42. Total distributions to members for the duration of the liquidation were £117,336.92, comprised of cash of £49,023.42 and a distribution in specie of £68,313.50 as noted in paragraphs 3.2 and 4.1.

### 6 Liquidator's Remuneration

- 6.1 The members approved that the basis of the Liquidator's remuneration be fixed as a set amount of £2,750 plus VAT and expenses.
- 6.2 The Liquidator has been paid the full amount of the total set fee approved by the members.
- 6.3 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.
- 6.4 A copy of 'A Shareholders' Guide to Liquidators' Fees' is available on request or can be downloaded from <https://www.cullenco.co.uk/share-holders-guide>.

### 7 Conclusion

- 7.1 The Notice accompanying this final account explains members' rights on receipt of this information and also when I will vacate office and obtain my release as Liquidator.

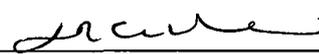


**Lauren Rachel Cullen**  
Liquidator

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

Declaration of Solvency £		From 22/07/2022 To 17/05/2023 £	From 22/07/2021 To 17/05/2023 £
	<b>ASSET REALISATIONS</b>		
3,899.62	Cash at Bank	NIL	3,899.62
70,682.30	Director's Loan Account	NIL	70,682.30
49,010.00	Tax Refund	49,023.42	49,023.42
		<u>49,023.42</u>	<u>123,605.34</u>
	<b>COST OF REALISATIONS</b>		
	Office Holders Expenses	NIL	80.00
	Office Holders Fees	NIL	2,750.00
	Specific Bond	NIL	205.00
	Statutory Advertising	NIL	248.85
	VAT	NIL	615.77
		<u>NIL</u>	<u>(3,899.62)</u>
	<b>UNSECURED CREDITORS</b>		
	Trade & Expense Creditors	NIL	2,368.80
		<u>NIL</u>	<u>(2,368.80)</u>
	<b>DISTRIBUTIONS</b>		
(2.00)	Ordinary Shareholders	49,023.42	117,336.92
		<u>(49,023.42)</u>	<u>(117,336.92)</u>
<u>123,589.92</u>		<u><b>NIL</b></u>	<u><b>(0.00)</b></u>
	<b>REPRESENTED BY</b>		<u><b>NIL</b></u>

Note:

  
 \_\_\_\_\_  
 Lauren Rachel Cullen  
 Liquidator

## THE PILATES PRACTICE LIMITED - IN LIQUIDATION

### Additional Information in Relation to the Liquidator's Fees & Expenses

#### 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 in 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 were approved. The table below compares the estimated overall costs against those incurred in the liquidation. The payment of these expenses is reflected in the Receipts and Payments Account enclosed with this report.

##### 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.

<i>Expense</i>	<i>Estimated overall cost</i> £	<i>Total paid</i> £
Statutory Advertising	248.85	248.85
Specific Penalty Bond	205.00	205.00
Swear Fee	80.00	80.00

##### 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.