



Companies House

for the record

Company Name

HEALTH CLUB GROUP PLC

039655/30

363s Annual Return

Company Type

Public Limited Company

Company Number

4663223

Information extracted from
Companies House records on
17th January 2004

- > 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



A42
COMPANIES HOUSE
A42
COMPANIES HOUSE

A1611795

0715
09/03/04
28/02/04

Section 1: Company details

Ref: 4663223/01/01

Current details

Amended details

- > Registered Office
Address
If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.

4th Floor 17A Old Court Place
London
W8 4HP

Address

UK Postcode

- > Register of Members
If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.

Address where the Register is held

At Registered Office

Address

UK Postcode

- > Register of Debenture
Holders
If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.

Not Applicable

Address

UK Postcode

- > Principal Business
Activities
Please enter principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes. Please use the most appropriate code in the list, or write a short description of your company's activities.

None held, please enter SIC code or description in the amended details column.

SIC CODE Description

7415 HOLDING COMPANY

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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 288.

Current details

Name
Alexandre Frederic Akira EMERY

Address
9 Brynmaer Road
London
SW11 4EN

Date of birth 07/08/1969

Nationality French

Occupation Investment
Management

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 Alexandre Frederic Akira EMERY
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 288.

Name
Allan Brian Henry FISHER

Address
52 North Gate
Prince Albert Road
London
NW8 7EH

Date of birth 31/08/1957

Nationality British

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 Allan Brian Henry FISHER
ceased to be director (if applicable)

_ _ / _ _ / _ _ _ _

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 Lee Dale GINSBERG ceased to be director (if applicable)

_____ / _____ / _____

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 William Nicholas JACKSON
ceased to be director (if applicable)

1-1 / 2-2 / 3-3 / 4-4

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	Current details	Amended details
> 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. <i>Particulars of a new Director must be notified on form 288.</i>	Name SWIFT INCORPORATIONS LIMITED Address 1 Mitchell Lane Bristol BS1 6BU Date of birth Please supply date of birth, if applicable Nationality British Occupation Formation Agent	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 SWIFT INCORPORATIONS LIMITED ceased to be director (if applicable) <u>14 04, 2003</u>
> 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. <i>Particulars of a new Director must be notified on form 288.</i>	Name Alistair Charles Westray TROUP Address Flat 9 28 St Johns Lane London EC1M 4BU Date of birth 18/01/1964 Nationality British Occupation Venture Capitalist	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 Alistair Charles Westray TROUP 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 288.

Current details

Name

Guy Patrick WELDON

Address

43 Rudall Crescent
London
NW3 1RR

Date of birth 27/04/1967

Nationality British

Occupation Fund Manager

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 Guy Patrick WELDON ceased to be director (if applicable)

_ _ / _ _ / _ _ _ _

Section 3: Total Issued Share Capital**(B)**

- > Please enter the details of the company's total share capital in the space provided below.

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

ORDINARY 10p SHARES

Number of shares issued

500,000

Aggregate Nominal Value of issued shares

£50,000

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

500,000

Aggregate Nominal Value of issued shares

£50,000

- > Please send a full list of shareholders with this annual return. Use Sections 4A (and 4B if appropriate) to give the details. You must name all the shareholders.

- > Please fill in the details of any persons or corporate bodies who are shareholders at the date of this 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 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 HEALTH CLUB HOLDINGS PLC Address 4TH FLOOR, 17A OLD COURT PLACE LONDON UK Postcode W8 4HP	ORDINARY 10p SHARES = 499,990 =	—	—
Name BRIDGEPOINT CAPITAL (NOMINEES) LIMITED Address 371 ILFORD LANE, ILFORD, ESSEX UK Postcode IG1 2SI	ORDINARY 10p SHARES = 10 =	—	—
Name Address UK Postcode			
Name Address UK Postcode			

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 INSTANT COMPANIES LIMITED Address 1 MITCHELL LANE BRISTOL UK Postcode BS1 6BU	ORDINARY £1 SHARE = 1 =	14.04.2003
Name SWIFT INCORPORATIONS LIMITED Address 1 MITCHELL LANE BRISTOL UK Postcode BS1 6BU	ORDINARY £1 SHARE = 1 =	14.04.2003
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 £15.

Signature

(Director / Secretary)

Date

26, 02, 2004

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 11/2/2004

If you are making this return up to an earlier date, please give the date here

31, 01, 2004

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 11th February 2005 please give the new date here:

31, 01, 2005

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

FRANCIS BINGHAM

Telephone number inc code

020 7795 4100

Address HEALTH CLUB HOLDINGS

PIC, 4TH FLOOR

17A OLD CAST PLACE

LONDON

DX number if applicable

DX exchange

Postcode

W8 4HTD