Companies House
— for the record —

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Company Name
HEALTH CLUB GROUP PLC

363s Annual Return

> 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 capitals.

Company Type
Public Limited Company

Company Number
4663223

Information extracted from Companies House records on
8th January 2005

Section 1: Company details

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COMPANIES HOUSE 22/02/05

Ref: 4663223/03/10

	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.*	**100 Aldersgate Street** **London** **EC1A 4LX**	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 *If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.*	**SIC Code** **Description** **7415** **Holding companies incl head offices**	**SIC CODE** **Description**

> *Please enter additional principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes.*

Company Number - 4663223

Section 2: Details of Officers of the Company

	Current details	Amended details
> **Company Secretary** *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 Company Secretary must be notified on form 288a.*	**Name** **Frances BINGHAM** **Address** **Flat 2 Grafton Mansions** **Venn Street** **London** **SW4 0AY**	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 change __ / __ / ____ Date Frances BINGHAM ceased to be secretary (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 288a.*	**Name** **Michael Ian BURKE BSC** **Address** **24 Talbot Road** **Highgate** **London** **N6 4QR** **Date of birth** **21/06/1956** **Nationality** **British** **Occupation** **Chief Executive**	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 Michael Ian BURKE BSC ceased to be director (if applicable) __ / __ / ____

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Section 2: Details of Officers of the Company (continued)

	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.*	**Name** Kevin Brian CONNOLLY	Name ______
	Address The Old Tea Shop Church Street Welford On Avon Warwickshire CV37 8EJ	☐ 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 ______
	Date of birth 23/08/1960	
	Nationality Irish	UK Postcode _ _ _ _ _ _ _
Particulars of a new Director must be notified on form 288a.	**Occupation** Finance Director	Date of birth _ _ / _ _ / _ _ _ _ Nationality ______ Occupation ______ Date of change _ _ / _ _ / _ _ _ _ Date Kevin Brian CONNOLLY 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.*	**Name** Alexandre Frederic Akira EMERY	Name ______
	Address 9 Brynmaer Road London SW11 4EN	☐ 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 ______
	Date of birth 07/08/1969	
	Nationality French	UK Postcode _ _ _ _ _ _ _
Particulars of a new Director must be notified on form 288a.	**Occupation** Investment Management	Date of birth _ _ / _ _ / _ _ _ _ Nationality ______ Occupation ______ Date of change _ _ / _ _ / _ _ _ _ Date Alexandre Frederic Akira EMERY ceased to be director (if applicable) _ _ / _ _ / _ _ _ _

Company Number - 4663223

Section 2: Details of Officers of the Company (continued)

	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.* *Particulars of a new Director must be notified on form 288a.*	**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) __ / __ / ____
> **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.*	**Name** ~~William Nicholas JACKSON~~ **Address** ~~9 Napier Avenue~~ ~~London~~ ~~SW6 3PS~~ **Date of birth** ~~21/10/1963~~ **Nationality** ~~British~~ **Occupation** ~~Investment Banker~~	Name MICHAEL ROBERT DAVY ☐ 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 34 GRESHAM GARDENS LONDON UK Postcode NW11 8PD Date of birth 11 / 01 / 1961 Nationality BRITISH Occupation INVESTMENT BANKER Date of change 25 / 01 / 2005 Date William Nicholas JACKSON ceased to be director (if applicable) 25 / 01 / 05

FORM 288a & 288b submitted 26.01.2005

	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.*	**Name** Alistair Charles Westray TROUP	Name ______
	Address Flat 9 28 St Johns Lane London EC1M 4BU	☐ 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 ______
	Date of birth 18/01/1964	UK Postcode ____ ___
	Nationality British	Date of birth __/__/____
Particulars of a new Director must be notified on form 288a.	**Occupation** Venture Capitalist	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.*	**Name** Guy Patrick WELDON	Name ______
	Address 43 Rudall Crescent London NW3 1RR	☐ 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 ______
	Date of birth 27/04/1967	UK Postcode ____ ___
	Nationality British	Date of birth __/__/____
Particulars of a new Director must be notified on form 288a.	**Occupation** Fund Manager	Nationality ______ Occupation ______ Date of change __/__/____ Date Guy Patrick WELDON ceased to be director (if applicable) __/__/____

Section 3: Share Capital

	Current details	Amended details
> **Issued Share Capital** *This table shows the total number of shares that have been issued by your company and their Nominal Value. If any of the details are wrong, please fill in the correct details.*	**Class of share** Ordinary	Class of share
	Nominal value of each share £0.10	Nominal value of each share
	Number of shares issued 500,000	Number of shares issued
	Aggregate Nominal Value of issued shares £50,000.00	Aggregate Nominal Value of issued shares
> **Total shares issued and value** *If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.*	**Total number of shares issued** 500,000	Total number of shares issued
	Total Nominal value of shares issued £50,000.00	Total Nominal value of shares issued

> **At the date of this Annual Return, if the company has altered or changed its share capital in any way or allotted new shares, please refer to the guidance notes for details of the appropriate form that should be sent with this Annual Return. Annual return guidance notes are available on the Companies House web site at www.companieshouse.gov.uk or by ringing 0870 3333636.**

Company Number - 4663223

Section 4: Details of Shareholders

> The details we hold on your company's shareholders and their shareholdings are printed below. These are based on your last Annual Return.

> If any details have changed, or if any shares have been transferred, please fill in the details in the *"Amended details"* or *"Shares transferred"* column.

> Please give details of any other shareholders in Section 5.

Current details	Amended details	Shares transferred
> **Shareholder Name** BRIDGEPOINT CAPITAL NOMINEES LIMITED **Address** 371 Ilford Lane Ilford Essex IG1 2SJ **Shares held** *Class* *Number* **Ordinary** 10	Name Address UK Postcode _ _ _ _ _ _ _ **Shares held** *Class* *Number*	**Shares transferred by** **BRIDGEPOINT CAPITAL NOMINEES LIMITED** *Class* *Number* *Date of transfer* __/__/____ __/__/____
> **Shareholder Name** ~~HEALTH CLUB HOLDINGS PLC~~ **Address** ~~4TH Floor~~ ~~17A Old Court Place~~ ~~London~~ ~~W8 4HP~~ **Shares held** *Class* *Number* **Ordinary** 499990	Name HEALTH CLUB HOLDINGS LIMITED Address 100 ALDERSGATE STREET LONDON EC1A 4LX UK Postcode _ _ _ _ _ _ _ **Shares held** *Class* *Number*	**Shares transferred by** **HEALTH CLUB HOLDINGS PLC** *Class* *Number* *Date of transfer* __/__/____ __/__/____

Company Number - 4663223

Section 5: Details of Other Shareholders

> Please fill in details of any persons or corporate bodies who are shareholders of the company at the date of this return, but whose details are not printed in Section 4.

> Also, provide the details of any persons who became but have ceased to be shareholders of the company since the date of the last annual 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 copy this page if there is not enough space to enter all the company's other 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 Address UK Postcode			
Name Address UK Postcode			
Name Address UK Postcode			
Name Address UK Postcode			

Company Number - 4663223

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 [signature] Date 14 / 02 / 2005

~~(Director~~ / Secretary)

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 ***11/2/2005***

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

31 / 01 / 2005

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 2006** please give the new date here: 31 / 01 / 2006

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

Telephone number *inc code*

Address

DX number *if applicable*

DX exchange

Postcode