

The Insolvency Act 1986

**Liquidator's Progress
Report****S. 192****Pursuant to sections 92A and 104A
of the Insolvency Act 1986**

To the Registrar of Companies

For official use

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Company Number

05758299

(a) Insert
full name of
company

Name of Company

(a) MS Admin Limited (formerly Movers and Shapers Limited)

(b) Insert
full name(s)
and
address(es)

We (b) Malcolm Fillmore and Mark Riley
Atherton Bailey LLP
Arundel House
1 Amberley Court
Whitworth Road
Crawley
West Sussex
RH11 7XL

the liquidator(s) of the company attach a copy of our Progress Report under
section 192 of the Insolvency Act 1986

Signed

Date

29.10.11

Presenter's
name,
address
and
reference
(if any)

Malcolm Fillmore and Mark Riley
Atherton Bailey
Arundel House
1 Amberley Court
Whitworth Road
Crawley
West Sussex
RH11 7XL

WEDN THURSDAY



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COMPANIES HOUSE

MS ADMIN LIMITED (FORMERLY MOVERS AND SHAPERS LIMITED) (In Liquidation) ("The Company")
15 Church Road, Stanmore, HA7 4AR
With branches at: Unit 7 Block F, St George Wharf, Vauxhall, SW8 2LE
148 West End Lane, West Hampstead, NW6 1SD
63 Connaught Street, Bayswater, W2 2AE
10 Union Street, Stratford upon Avon, CV37 6QT
4 St Georges Street, Winchester, SO23 8BG
19 Station Road, Barnes, SW13 0LF
148 Fortis Green Road, Muswell Hill, N10 3DU

Liquidators' Progress Report for the period 26 August 2010 to 25 August 2011
(Section 104A of The Insolvency Act 1986 & Rule 4.49C of the Insolvency Rules 1986)

1 Introduction

1.1 On 26 August 2010, Malcolm Fillmore and Mark Riley of Atherton Bailey LLP, Arundel House, 1 Amberley Court, Whitworth Road, Crawley, West Sussex RH11 7XL were appointed Joint Liquidators of the Company. The liquidation was the exit route from the Administration which commenced on 1 April 2009. This is our first report on the progress of this Liquidation since our appointment.

1.2 The Company traded as walk-in fitness centres from 9 retail units in and around London and Stratford upon Avon. The business and the majority of the units were the subject of a going concern sale in the Administration.

1.3 Attached as Appendix 1 are certain formal and statutory details which we are required to disclose and which include details relating to our remuneration as Liquidators, further details of which are given in Appendices 2 and 3. Appendix 4 is a summary of our receipts and payments for the period to 25 August 2011.

2. Assets realised in the liquidation

2.1 We have now realised £13,993 rent deposit on the property at 15 Church Road, Stanmore, together with £373 for a rates refund on the Stratford Upon Avon unit.

2.2 There were very few debtors of the Company and £62 has been realised. We do not anticipate any further realisations.

3. Assets remaining to be realised

3.1 There are now no further assets remaining to be realised.

4 Creditor claims and forecast Outcome

4.1 Unsecured non preferential claims totalling £847,153 claims have been agreed, we enclose with this report is a first and final dividend of 0.013627049p in the £ on such claims. Notice of Intended Dividend was sent on 4 March 2011 to all known creditors and claimants, creditors were excluded from dividend if no claims were received within the statutory time limit. Those creditors who made claims but have had them amended or excluded from the dividend will have a letter enclosed with this report explaining the reason.

4.2 No preferential claims have been received. The employees of the Company were transferred to the purchaser company.

5 Liquidators' Investigations

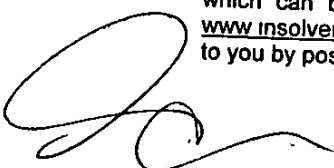
5.1 No matters have been identified which would have given rise to recoveries in respect of antecedent transactions.

6. Liquidators' Costs and Remuneration

6.1

At the creditors' meeting held on 23 August 2011 creditors approved the basis of the Liquidators' remuneration to be by reference to the time properly given by the Liquidators and their staff. The total time costs recorded both since our appointment and for the period of the report are attached as Appendices 2 and 3 respectively and are in the format prescribed by R3 (The Association of Business Recovery Professionals).

A Creditor's guide to Liquidator's Fees can be located in SIP 9 (Statement of Insolvency Practice) which can be accessed through the website of the Insolvency Practitioners Association, www.insolvency-practitioners.org.uk. Alternatively please contact this office for a copy to be sent to you by post.



Malcolm Fillmore
Joint Liquidator of MS Admin Limited
Dated 10 October 2011

STATUTORY AND FORMAL INFORMATION AND DISCLOSURES

Company Details:

Registered Office Arundel House, Amberley Court, Whitworth Road, Crawley, RH11 7XL
Registered Number 05758299
Any former name in 12 months prior to Liquidation Movers and Shapers Limited
Trading address(es) 15 Church Road, Stanmore, HA7 4AR
With branches at Unit 7, Block F, St George Wharf, Vauxhall, SW8 2LE
148 West End Lane, West Hampstead, NW6 1SD
63 Connaught Street, Bayswater, W2 2AE
10 Union Street, Stratford Upon Avon, CV37 6QT
4 St Geroges Street, Winchester, SO23 8BG
19 Station Road, Barnes, SW13 0LF
148 Fortis Green Road, Muswell Hill, N10 3DU

Liquidation Details:

Malcolm Peter Fillmore and Mark Riley of Atherton Bailey LLP, Arundel House, Amberley Court, Whitworth Road, Crawley RH11 7XL were appointed on 26 August 2010
The appointment was made pursuant to schedule B1 of the Insolvency Act 1986
The Liquidators act jointly and severally in all matters relating to the Liquidation
There have been no changes in the office holders since the date of Liquidation

Liquidators' Remuneration

At the creditors meeting held on 23 August 2011, creditors approved the basis of the Liquidators' remuneration to be by reference to the time properly given by the liquidators and their staff in attending to matters arising in the winding up pursuant to Rule 4 127 of The Insolvency Rules 1986. The current hourly rates of staff and partners involved in this case are as follows Partners £275 - £295 (£270-290), Senior Professional Staff £110 - £230 (£110-220), Assistants and Support Staff £85 - £100. The rates were increased with effect from 1 July 2011, the previous rates are shown in brackets

The creditors also approved Category 2 disbursements to be paid to the liquidators at the rate of 25p per letter, 15p per photocopy and 45p per mile plus 5p for additional persons travelling in the same car

The expenses paid during the period of this report are shown on the attached Receipts and Payments Account.

Pursuant to Rule 4 49E of The Insolvency Rules 1986, members and creditors are advised that within 21 days of receipt of a progress report you may request the Liquidators to provide further information about the remuneration and expenses set out in the report. Any request must be in writing, and made either by a secured creditor, or by an unsecured creditor with the concurrence of at least 5% in value of all unsecured creditors (including himself) or the permission of the court upon an application made within the 21 day period

Pursuant to Rule 4 131 of The Insolvency Rules 1986, any secured creditor, or any unsecured creditor with either the concurrence of at least 10% in value of the creditors (including himself) or the permission of the court, may apply to the court to challenge the liquidator's remuneration and expenses

Name of Case	MS Admin Limited
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Date	26 August 2010 to 25 August 2011
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TIME AND CHARGE OUT SUMMARIES

Classification of Work Function	Hours				Total Hours	Time Cost £	Average hourly rate £
	Partner	Manager	Other Senior Professionals	Assistants & Support Staff			
Administration and planning	9 25	0 00	0 00	43 05	52 30	6543 40	125 11
Investigations	0 00	0 00	0 00	0 67	0 67	83 34	125 00
Realisation of assets	0 6	0 00	0 00	0 82	1 42	201 42	141 85
Trading	0 00	0 00	0 00	0 00	0 00	0 00	0 00
Creditors	4 77	0 00	0 00	6 00	10 77	1644 94	152 73
Case specific matters (specify)	0 00	0 00	0 00	5 38	5 38	507 08	94 20
Total Hours	14 62	0 00	0 00	55 92	70 54	8980 18	
Total Fees Claimed (£)	3672 53	0 00	0 00	5307 65			

Name of Case	MS Admin Limited
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TIME AND CHARGE OUT SUMMARIES

Classification of Work Function	Hours				Total Hours	Time Cost £	Average hourly rate £
	Partner	Manager	Other Senior Professionals	Assistants & Support Staff			
Administration and planning	10 12	0 00	0 00	49 47	59.59	7392 29	124 05
Investigations	0 00	0 00	0 00	0 67	0 67	83 34	124 39
Realisation of assets	0 6	0 00	0 00	0 82	1 42	201 42	141 85
Trading	0 00	0 00	0 00	0 00	0 00	0 00	0 00
Creditors	4 77	0 00	0 00	6 00	10 77	1644 94	152 73
Case specific matters (specify)	0 00	0 00	0 00	6 12	6 12	570 73	93 31
Total Hours	15 48	0 00	0 00	63 07	78 57	9892 72	
Total Fees Claimed (£)	3913 37	0 00	0 00	5979 35			

MS ADMIN LIMITED (FORMERLY MOVERS AND SHAPERS LIMITED)
[IN LIQUIDATION]

JOINT LIQUIDATORS' RECEIPTS AND PAYMENTS ACCOUNT
FOR THE PERIOD 26 AUGUST 2010 TO 10 OCTOBER 2011

	As shown in Administration Estimated £ of A
RECEIPTS	
Transfer funds from Admin	
Trade Debtors	1,000 00
Rent Deposits	
Bank Interest Received (Gross)	
Rates Rebate	
VAT Refund	
	<u>31,514 70</u>
	62 10
	13,993 77
	67 84
	373 66
	<u>13,122 76</u>
	<u>59,134 83</u>
PAYMENTS	
Administrators Fees	28,000 00
Statutory Advertising	226 80
Storage	238 24
Corporation Tax	14 25
Printing, Copying and Postage	704 78
Liquidators' Remuneration	10,562 07
VAT Input Tax	7,844 49
	<u>47,590 63</u>
DISTRIBUTIONS	
(0 013627p in the £ on 10 October 2011)	11,544 20
	<u>£0 00</u>

Balance in Insolvent estate account as at 10 October 2011

Note Figures provided for Estimated Statement of Affairs are taken from the Administration

FOR THE PERIOD FROM 26 AUGUST 2010
 TO 26 AUGUST 2011

£	£
	31,514 70
	62 10
	13,993 77
	67 84
	373 66
	<u>48,012 07</u>
	28,000
	151 2
	5,528 35
	<u>33,679 55</u>
	0
	<u>12,332 52</u>