

# G

COMPANIES FORM No. 123

# 123

CHFP010

Pursuant to section 123 of the Companies Act 1985

Please do not write  
in this marginPlease complete  
legibly, preferably  
in black type, or  
bold block  
letteringTo the Registrar of Companies  
(address overleaf)

For official use

Company Number

Name of company

--	--	--

5788201

\* Insert full name of  
company

\* London &amp; Regional (Health Clubs) Limited

Gives notice in accordance with section 123 of the above Act that by resolution of the  
company dated 28-4-06the nominal capital of the company has been increased by £ 9,000.00beyond the registered capital of £ 1,000.00§ the copy must be  
printed or in some  
other form  
approved by the  
Registrar

A copy of the resolution authorising the increase is attached. §

The conditions (eg voting rights, dividend rights, winding-up rights etc.) subject to which

the new shares have been or are to be issued are as follows:

The A ordinary shares and non-voting redeemable B ordinary shares have the  
rights and restrictions as set out in the amended Articles of Association‡ Insert Director,  
Secretary,  
Administrator,  
Administrative  
Receiver or  
Receiver  
(Scotland) as  
appropriate

Please tick here if continued overleaf

☐Signed [Signature] Designation ‡ Secretary Date 28.4.06Presenter's name, address  
and reference (if any):  
UHY City Registrars  
4th Floor, St Alphage House  
2 Fore Street  
London  
EC2Y 5DHFor official use  
General section

Post room

L14  
COMPANIES HOUSE

\*LSNUNEYU\*

479  
28/04/2006

BLUEPRINT

Fax: 020 7628 3069

2000

86556m