

Change of accounting reference date

Please complete in typescript,
or in bold black capitals.

CHFP010

Company Number

5788201

Company Name in full

London & Regional (Health Clubs) Limited

NOTES

You may use this form to change the accounting date relating to either the current or the immediately previous accounting period.

a. You **may not** change a period for which the accounts are already overdue.

b. You **may not** extend a period beyond 18 months unless the company is subject to an administration order.

c. You **may not** extend periods more than once in five years unless:

1. the company is subject to an administration order, or
2. you have the specific approval of the Secretary of State, (please enclose a copy), or
3. you are extending the company's accounting reference period to align with that of a parent or subsidiary undertaking established in the European Economic Area.
4. the form is being submitted by an overseas company.

Signed

† Please delete as appropriate

Please give the name, address, telephone number and, if available, a DX number and Exchange of the person Companies House should contact if there is any query.

The accounting reference period ending

Day		Month		Year		
3	0	0	4	2	0	0

is ~~shortened~~ / extended † so as to end on

Day		Month		Year		
3	0	0	9	2	0	0

Subsequent periods will end on the same day and month in future years.

If extending more than once in five years, please indicate in the box the number of the provision listed in note c, on which you are relying.

Date

20-4-06

† a director / secretary / administrator / administrative receiver / receiver manager / receiver (Scotland) / person authorised on behalf of an overseas company

UHY City Registrars, 4th Floor, St Alphage House,

2 Fore Street, London, EC2Y 5DH

Tel Fax: 020 7628 3069

DX number

DX exchange

463556M

When you have completed and signed the form please send it to the Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF14 3UZ

DX 33050 Cardiff

for companies registered in England and Wales

or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB

for companies registered in Scotland

DX 235 Edinburgh



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COMPANIES HOUSE

LSN43EYB

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28/04/2006