



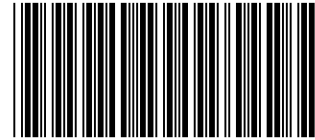
# 363a<sub>(ef)</sub>

**Companies House**  
— for the record —

## Annual Return

**Company Name:** LONDON & REGIONAL (HEALTH CLUBS) LIMITED

**Company Number:** 05788201



Received for filing in Electronic Format on the: 20/04/2007

XX6PROVZ

### Company Details

**Period Ending:** 20/04/2007

**Company Type:** PRIVATE COMPANY LIMITED BY SHARES

**Principal Business Activities:**

**SIC Codes**  
**7487**

**Registered Office:**  
**Address:**

**Register of**  
**Members Address:**

**Register of Debenture**  
**Holders Address:**

**4TH FLOOR**  
**ST ALPHAGE HOUSE**  
**2 FORE STREET**  
**LONDON**  
**EC2Y 5DH**

**At Registered Office**

**Not Applicable**

### Details of Officers of the Company

**Company Secretary:**

**Name:** MR RICHARD NIGEL LUCK

**Address:** 4 HERSCHEL GRANGE  
WARFIELD  
BRACKNELL  
BERKSHIRE RG42 6AT

-----  
**Director 1:**

**Name:** MR CHRISTOPHER KING  
**Date of Birth:** 09/07/1966  
**Nationality:** BRITISH  
**Occupation:** COMPANY DIRECTOR

**Address:** 53 KINGS ROAD  
RICHMOND  
SURREY TW10 6EG

-----  
*Director 2:*

*Name:* **MR RICHARD NIGEL LUCK**      *Address:* **4 HERSCHEL GRANGE  
WARFIELD  
BRACKNELL  
BERKSHIRE RG42 6AT**  
*Date of Birth:* **25/09/1960**  
*Nationality:* **BRITISH**  
*Occupation:* **COMPANY DIRECTOR**

---

### *Share Capital*

#### *Issued Share Capital Details:*

<i>Class of share</i>	<i>Number of shares issued</i>	<i>Aggregate nominal value of issued shares</i>
<b>A ORDINARY</b>	<b>7490</b>	<b>GBP7490.00</b>
<b>NON-VOTING REDEEMABLE B ORDINARY</b>	<b>2510</b>	<b>GBP2510.00</b>
<b>TOTALS</b>	<b>10000</b>	<b>GBP10000.00</b>

---

### *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 20/04/2007, or that had ceased to be shareholders since the made up date of the previous Annual Return.

#### *Shareholding 1:*

**7490 A ORDINARY Shares held as at 20/04/2007**

*Name:* **LONDON & REGIONAL INVESTMENT HOLDINGS LIMITED**  
*Address:* **4TH FLOOR  
ST ALPHAGE HOUSE  
2 FORE STREET  
LONDON EC2Y 5DH**

---

#### *Shareholding 2:*

**2510 NON-VOTING REDEEMABLE B ORDINARY Shares held as at 20/04/2007**

*Name:* **JONDAL LIMITED**  
*Address:* **4TH FLOOR  
ST ALPHAGE HOUSE  
2 FORE STREET  
LONDON EC2Y 5DH**

---

---

## *Authorisation*

*Authoriser Designation:* **DIRECTOR** *Date Authorised:* **20/04/2007** *Authenticated:* **Yes (E/W)**