



*Companies House*

— for the record —

**363a**<sup>(ef)</sup>

**Annual Return**



**X0GSUZ31**

*Received for filing in Electronic Format on the: 22/04/2008*

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

*Company Number:* **05788201**

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### *Company Details*

*Period Ending:* **20/04/2008**

*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:*

**QUADRANT HOUSE,  
FLOOR 6 17 THOMAS  
MORE STREET  
THOMAS MORE SQUARE  
LONDON  
E1W 1YW**

## *Details of Officers of the Company*

*Company Secretary 1:*

*Name:* **MR RICHARD NIGEL LUCK**

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

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*Director 1 :*

*Name:* **MR CHRISTOPHER KING**

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

*Date of Birth:*

**09/07/1966**

*Nationality:*

**BRITISH**

*Occupation:*

**COMPANY DIRECTOR**

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*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>Other</b>	<b>7490</b>	<b>GBP7490.00</b>
<b>Other</b>	<b>2510</b>	<b>GBP2510.00</b>
<i>TOTALS</i>		
	<b>10000</b>	<b>GBP10000.00</b>

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### Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 20/04/2008 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 20/04/2008**

*Name:* **LONDON & REGIONAL INVESTMENT HOLDINGS LIMITED**  
*Address:* **QUADRANT HOUSE, FLOOR 6 17 THOMAS MORE STREET  
THOMAS MORE SQUARE  
LONDON  
E1W 1YW**

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#### Shareholding 2:

**2510 NON-VOTING REDEEMABLE B ORDINARY Shares held as at  
20/04/2008**

*Name:* **JONDAL LIMITED**  
*Address:* **QUADRANT HOUSE, FLOOR 6 17 THOMAS MORE STREET  
THOMAS MORE SQUARE  
LONDON  
E1W 1YW**

## *Authorisation*

*Authoriser Designation:* **director**

*Date Authorised:* **22/04/2008**

*Authenticated:* **Yes (E/W)**