



Companies House
— for the record —

AR01 (ef)

Annual Return



X180QKHF

Received for filing in Electronic Format on the: **01/05/2012**

Company Name: **London & Regional (Health Clubs) Limited**

Company Number: **05788201**

Date of this return: **20/04/2012**

SIC codes: **82990**

Company Type: **Private company limited by shares**

Situation of Registered Office: **QUADRANT HOUSE FLOOR 6
4 THOMAS MORE SQUARE
LONDON
UNITED KINGDOM
E1W 1YW**

Officers of the company

Company Secretary 1

Type: **Person**
Full forename(s): **MR RICHARD NIGEL**

Surname: **LUCK**

Former names:

Service Address: **QUADRANT HOUSE FLOOR 6
4 THOMAS MORE SQUARE
LONDON
UNITED KINGDOM
E1W 1YW**

Company Director **1**

Type: **Person**

Full forename(s): **MR RICHARD NIGEL**

Surname: **LUCK**

Former names:

Service Address: **QUADRANT HOUSE FLOOR 6
4 THOMAS MORE SQUARE
LONDON
UNITED KINGDOM
E1W 1YW**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **25/09/1960** *Nationality:* **BRITISH**

Occupation: **COMPANY DIRECTOR**

Company Director 2

Type: **Person**
Full forename(s): **MR RICHARD JOHN**

Surname: **LIVINGSTONE**

Former names:

Service Address: **QUADRANT HOUSE FLOOR 6
4 THOMAS MORE SQUARE
LONDON
UNITED KINGDOM
E1W 1YW**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **29/11/1964** *Nationality:* **BRITISH**
Occupation: **DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	A ORDINARY	<i>Number allotted</i>	7490
		<i>Aggregate nominal value</i>	7490
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0

Prescribed particulars

THE SHARES HAVE ATTACHED TO THEM FULL VOTING, DIVIDEND AND CAPITAL DISTRIBUTION (INCLUDING ON WINDING UP) RIGHTS; THEY DO NOT CONFER ANY RIGHTS OF REDEMPTION.

Class of shares	NON-VOTING	<i>Number allotted</i>	2510
	REDEEMABLE B	<i>Aggregate nominal value</i>	2510
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
	ORDINARY	<i>Amount unpaid per share</i>	0

Prescribed particulars

THE SHARES HAVE NO VOTING RIGHTS ATTACHED TO THEM.

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	10000
		<i>Total aggregate nominal value</i>	10000

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 20/04/2012 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for the company are shown below

Shareholding 1 : 7490 A ORDINARY shares held as at the date of this return
Name: LONDON & REGIONAL GROUP INVESTMENTS LIMITED

Shareholding 2 : 2510 NON-VOTING REDEEMABLE B ORDINARY shares held as at the date of this return
Name: JONDAL LIMITED

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.