



Companies House

AR01 (ef)

Annual Return



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

Company Number: **05788201**

Date of this return: **20/04/2014**

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 recorded as Company's registered office

Company Director 1

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

Surname: **LUCK**

Former names:

Service Address recorded as Company's registered office

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 recorded as Company's registered office

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 REDEEMABLE B ORDINARY	<i>Number allotted</i>	2510
		<i>Aggregate nominal value</i>	2510
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<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 20/04/2014 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

<i>Shareholding 1</i>	: 7490 A ORDINARY shares held as at the date of this return
<i>Name:</i>	LONDON & REGIONAL GROUP INVESTMENTS LIMITED
<i>Shareholding 2</i>	: 0 NON-VOTING REDEEMABLE B ORDINARY shares held as at the date of this return
	2510 shares transferred on 2014-04-11
<i>Name:</i>	JONDAL LIMITED
<i>Shareholding 3</i>	: 2510 NON-VOTING REDEEMABLE B ORDINARY shares held as at the date of this return

Name:

LONDON & REGIONAL GROUP INVESTMENTS 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.