



Companies House
— for the record —

AR01 (ef)

Annual Return



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

Company Number: **05788201**

Date of this return: **20/04/2010**

SIC codes: **7487**

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>	7490.00
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1.00
		<i>Amount unpaid per share</i>	0.00
<i>Prescribed particulars</i>	THE SHARES HAVE FULL VOTING RIGHTS ATTACHED TO THEM.		

Class of shares	NON-VOTING REDEEMABLE B ORDINARY	<i>Number allotted</i>	2510
		<i>Aggregate nominal value</i>	2510.00
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1.00
		<i>Amount unpaid per share</i>	0.00
<i>Prescribed particulars</i>	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>	10000.00

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 20/04/2010 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for a private or non-traded public company are shown below

Shareholding : 1

7490 A ORDINARY Shares held as at 20/04/2010

Name:

LONDON & REGIONAL GROUP INVESTMENTS LIMITED

Address:

Shareholding : 2

**2510 NON-VOTING REDEEMABLE B ORDINARY Shares held as at
20/04/2010**

Name:

JONDAL LIMITED

Address:

Authorisation

Authenticated

This form was authorised by one of the following:

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