



Companies House

**AR01** (ef)

**Annual Return**



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

*Company Number:* 05788201

*Date of this return:* 20/04/2016

*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*

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## *Company Director 1*

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: **\*\*/11/1964** Nationality: **BRITISH**  
Occupation: **DIRECTOR**

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*Company Director* 2

*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:* **\*\*/09/1960**

*Nationality:* **BRITISH**

*Occupation:* **COMPANY DIRECTOR**

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## Statement of Capital (Share Capital)

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

### *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.

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

### *Prescribed particulars*

THE SHARES HAVE NO VOTING RIGHTS ATTACHED TO THEM.

## Statement of Capital (Totals)

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

## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 20/04/2016 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:* 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.