



Companies House
— for the record —

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Annual Return



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Received for filing in Electronic Format on the: 27/04/2009

Company Name: **LONDON & REGIONAL (HC SITES) LIMITED**

Company Number: **05793113**

Company Details

Period Ending: **24/04/2009**

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: **THE MOUSE HOUSE NORTH STREET
WINKFIELD
WINDSOR
BERKS
SL4 4TE**

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**

Director 2 :

Name: **MR RICHARD NIGEL LUCK**

Address: **THE MOUSE HOUSE NORTH STREET
WINKFIELD
WINDSOR
BERKS
SL4 4TE**

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> |
|-----------------------|------------------------------------|---|
| ORDINARY | 1 | GBP1.00 |
| <i>TOTALS</i> | | |
| | 1 | GBP1.00 |

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 24/04/2009 or that had ceased to be shareholders since the made up date of the previous Annual Return

Shareholding 1:

1 ORDINARY Shares held as at 24/04/2009

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

Address:

Authorisation

Authoriser Designation: **director**

Date Authorised: **27/04/2009**

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