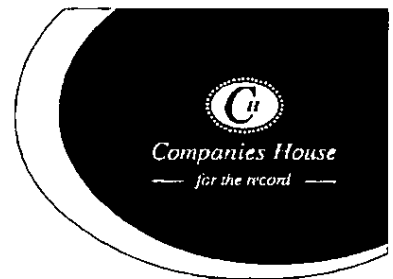


000435/30



Company Name
GAINSBOROUGH HEALTH AND FITNESS LIMITED

363s Annual Return

Company Type
Private Company Limited By Shares
Company Number
5167822
Information extracted from
Companies House records on
25th June 2007

- > Please check the details printed in the
- > If any details are wrong, strike them in the "Amended details" column
- > Please complete in **black ink** and use

SATURDAY
WED



A4K6QS7T
A49 18/08/2007 513
COMPANIES HOUSE

AXZ7QRC6
A15 18/07/2007 720
COMPANIES HOUSE

Section 1: Company details

Ref 5167822/09/28

	Current details	Amended details																
> Registered Office Address <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column</i>	Stuart House 55 Catherine Place London SW1E 6DY	Address <u>THE GAINSBOROUGH STUDIO</u> <u>1 PADGE ST.</u> <u>LONDON</u> UK Postcode <u>N1 5 50</u>																
> Register of Members <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column</i>	Address where the Register is held At Registered Office	Address _____ _____ _____ UK Postcode _____																
> Register of Debenture Holders <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column</i>	Not Applicable	Address _____ _____ _____ UK Postcode _____																
> Principal Business Activities <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column</i>	<table border="1"> <thead> <tr> <th>SIC Code</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td>9262</td> <td>Other sporting activities</td> </tr> </tbody> </table>	SIC Code	Description	9262	Other sporting activities	<table border="1"> <thead> <tr> <th>SIC CODE</th> <th>Description</th> </tr> </thead> <tbody> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> </tbody> </table>	SIC CODE	Description	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
SIC Code	Description																	
9262	Other sporting activities																	
SIC CODE	Description																	
_____	_____																	
_____	_____																	
_____	_____																	
_____	_____																	
_____	_____																	
> Please enter additional principal activity code(s) in "Amended details" column See notes for guidance for list of activity codes																		

Section 2: Details of Officers of the Company

	Current details	Amended details
> Company Secretary <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column</i> <i>Particulars of a new Company Secretary must be notified on form 288a</i>	Name Jadwiga KURCAB Address 71 Croydon Road London E13 8EP	Name <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985 Address UK Postcode _ _ _ _ _ Date of change _ _ / _ _ / _ _ _ _ Date Jadwiga KURCAB ceased to be secretary (if applicable) _ _ / _ _ / _ _ _ _
> Director <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column</i> <i>Particulars of a new Director must be notified on form 288a</i>	Name Richard Frederick PEARCE Address 71 Croydon Road London E13 8EP Date of birth 01/09/1965 Nationality British Occupation Podiatrist	Name <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985 Address UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Richard Frederick PEARCE ceased to be director (if applicable) _ _ / _ _ / _ _ _ _

Issued share capital details

> Please fill in the details of total share capital by class (eg ordinary, preference etc) that has been issued to the company's shareholders

Class of Share

ORDINARY

Number of shares issued

1000

Aggregate Nominal Value of issued shares

£119700.00

Class of Share

Number of shares issued

Aggregate Nominal Value of issued shares

Class of Share

Number of shares issued

Aggregate Nominal Value of issued shares

Class of Share

Number of shares issued

Aggregate Nominal Value of issued shares

> Please fill in the total number of issued shares and their total nominal value

Number of shares issued

1000

Aggregate Nominal Value of issued shares

£119700.00**List of past and present members (Tick appropriate box)**

> Please complete the required information on the attached schedules or in another format agreed by Companies House

☐ There were no changes during the period☐ A list of changes is enclosed☒ A full list of members is enclosed

The last full list of members was received on: 01/07/2006

> REMEMBER

Changes to shareholder particulars or details of shares transferred to be **completed each year**
A full list of shareholders is required with the first and every third Annual Return thereafter
List shareholders in alphabetical order or provide an index
List joint shareholders consecutively

Section 4: Details of New Shareholders and Transfers (A) (ii)

- > Please fill in details of any persons or corporate bodies who have become shareholders since the last annual return
- > Please fill in details of any persons or corporate bodies that have transferred shares since the last annual return
- > Please use Section 4B to give details of any persons or corporate bodies who have ceased to be shareholders since the last annual return or, in the case of a first return, since the incorporation of the company
- > Please copy this page if there is not enough space to enter all the company's current shareholders

Shareholders details	Class and number of shares or amount of stock held	Class and number of shares or amount of stock transferred (if appropriate)	Date of registration of transfer (if appropriate)
Name <u>Richard Pearce</u> Address <u>71 Claydon Road</u> <u>Lough</u> UK Postcode <u>E13 3EP</u>	<u>949</u> <u>Ordinary</u>		<u>19/12/06</u>
Name <u>Daniel Farrow</u> Address <u>74 Eton Road</u> <u>Lough</u> UK Postcode <u>E17 9EY</u>	<u>57</u> <u>Ordinary</u>		<u>19/12/06</u>
Name <u>Ben Smith</u> Address <u>c/o 1 Poole Street</u> <u>Lough</u> UK Postcode <u>N1 5EL</u>	<u>1</u> <u>Ordinary</u>		
Name _____ Address _____ _____			
UK Postcode _____			

Section 4B: Details of Former Shareholders

- > Please fill in details of any persons or corporate bodies who have ceased to be shareholders at the date of this return. Also, please give the dates that their shares were transferred
- > Please copy this page if there is not enough space to enter all the company's former shareholders

Former shareholders details	Class and number of shares or amount of stock transferred	Date of registration of transfer
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		


363s Annual Return Declaration

- > When you have checked all the sections of this form, please complete this page and sign the declaration below
- > If you want to change the made up date of this annual return, please complete 2 below

1. Declaration

- ☒ I confirm that the details in this annual return are correct as at the made-up-date (shown at 2 below) I enclose the filing fee of £30

Signature



 (Director / Secretary)

Date

12, 07, 2007

This date must not be earlier than the return date at 2 below

What to do now

Complete this page then send the whole of the Annual Return and the declaration to the address shown at 4 below

2. Date of this return

- ☐ This AR is made up to 1/7/2007 If you are making this return up to an earlier date, please give the date here

____ / ____ / ____

Note The form must be delivered to CH within 28 days of this date

3. Date of next return

- ☐ If you wish to change your next return to a date earlier than 1st July 2008 please give the new date here

____ / ____ / ____

4. Where to send this form

- ☐ Please return this form to

 Registrar of Companies
 Companies House
 Crown Way
 Cardiff CF14 3UZ

OR

 For members of the Hays Document
 Exchange service
 DX 33050 Cardiff

Have you enclosed the filing fee with the company number written on the reverse of the cheque?

Contact Address

You do not have to give any contact information below, but if you do, it will help Companies House to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record

Contact Name

Telephone number *inc code*

____ ____ ____ ____ ____ ____ ____ ____ ____ ____

Address

DX number *if applicable*

____ ____ ____ ____ ____

DX exchange

Postcode

____ ____ ____ ____ ____