



*Companies House*  
— for the record —

**363a<sub>(ef)</sub>**

**Annual Return**



**XLQ0X2DK**

*Received for filing in Electronic Format on the:* **18/08/2008**

*Company Name:* **GAINSBOROUGH HEALTH AND FITNESS LIMITED**

*Company Number:* **05167822**

---

### *Company Details*

*Period Ending:* **01/07/2008**

*Company Type:* **PRIVATE COMPANY LIMITED BY SHARES**

*Principal Business Activities:*

*SIC codes:*

**9262**

*Registered Office  
Address:*

*Register of  
Members Address:*

*Register of Debenture  
Holders Address:*

**GAINSBOROUGH  
STUDIOS 1 POOLE  
STREET  
LONDON  
N1 5EB**

## *Details of Officers of the Company*

*Company Secretary 1:*

*Name:* **JADWIGA KURCAB**

*Address:* **71 CROYDON ROAD  
LONDON  
E13 8EP**

---

*Director 1 :*

*Name:* **RICHARD FREDERICK  
PEARCE**

*Address:* **71 CROYDON ROAD  
LONDON  
E13 8EP**

*Date of Birth:*  
**01/09/1965**

*Nationality:*  
**British**

*Occupation:*  
**PODIATRIST**

---

## *Share Capital*

*Issued Share Capital Details:*

| <i>Class of Share</i> | <i>Number of<br/>Shares issued</i> | <i>Aggregate Nominal value<br/>of issued Shares</i> |
|-----------------------|------------------------------------|---|
| <b>ORDINARY</b>       | <b>3</b>                           | <b>GBP3</b>   |

*TOTALS*

---

|          |             |
|----------|-------------|
| <b>3</b> | <b>GBP3</b> |
|----------|-------------|

---

## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 01/07/2008 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 01/07/2008**

*Name:*

**BEN SMITH**

*Address:*

**71 CROYDON ROAD  
LONDON  
E13 8EP**

---

*Shareholding 2:*

**2 ORDINARY Shares held as at 01/07/2008**

*Name:*

**RICHARD FREDERICK PEARCE**

*Address:*

**71 CROYDON ROAD  
LONDON  
E13 8EP**

---

*Shareholding 3:*

**0 ORDINARY Shares held as at 01/07/2008  
1 DISPOSED OF IN PERIOD ON 30/06/2008**

*Name:*

**KEITH LITTLEWOOD**

*Address:*

**FLAT 8 2 MARTELLO STREET  
LONDON  
E8 3PE**

---

### *Authorisation*

*Authoriser Designation:* **director**

*Date Authorised:* **18/08/2008**

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