



COMPANIES HOUSE

THE REGISTRAR OF COMPANIES
COMPANIES HOUSE
CROWN WAY
CARDIFF
CF4 3UZ



This form should be completed in black.

The information printed below is taken from Companies House records as at 01/02/97

If this information requires amendment use the spaces opposite.

Date of this return (See note 1)

The information in this return should be made up to a date not later than

Day	Month	Year
15	02	97

Date of next return (See note 2)

If you wish to make your next return to a date earlier than the anniversary of this return please show the date here. Companies House will then send a form at the appropriate time.

Day	Month	Year

Day	Month	Year

Registered Office (See note 3)

This is the address registered by Companies House.

GRAHAM HOUSE
7WYLLYOTTS PLACE
POTTERS BAR
HERTS., EN6 2JD

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Principal business activities (See note 4)

Trade classification is

~~5211 RETAIL NON-SPECIAL STORES FOOD, ETC~~
7011 DEVELOPMENT & SELL REAL ESTATE

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If the code cannot be determined from the notes, give a brief description of principal activity.

MW3165711 002704
363s

Annual Return

of company number 00272894

W

company name

STRONGS & BENNETT LIMITED

company type

PRIVATE COMPANY LIMITED BY SHARES

00272894

If the information shown needs amendment, give details below and, for secretary and director particulars, the date of any change.

Register of members (See note 5)

The register is kept at
REGISTERED OFFICE

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Register of debenture holders (See note 6)

Any register of debenture holders (or duplicate) is kept at

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Company Secretary (See note 7)

Particulars of a new secretary **must** be notified on form 288.

Day	Month	Year

 Date of any change.

THE FINANCE AND INDUSTRIAL TRUST
LIMITED
7 WYLLYOTTS PLACE
POTTERS BAR
HERTFORDSHIRE EN6 2JD

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If this person has ceased to be secretary, please state when.

Day	Month	Year

 Date of resignation.

Directors (See note 7)

Particulars of a new director **must** be notified on form 288.

Day	Month	Year

 Date of any change.

RICHARD GRAHAM ST JOHN
ROWLANDSON
CHERRY DELL 73 WEST COMMON
HARPENDEN
HERTFORDSHIRE AL5 2LD

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Date of Birth:- 02/12/39
Nat:BRITISH
Occ:CHARTERED ACCOUNTANT

If this person has ceased to be director, please state when.

Day	Month	Year

 Date of resignation.

Show any relevant current and previous directorships.

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If the information shown needs amendment,
give details below and the date of any change.

Directors - continued

Particulars.

Day	Month	Year

Date of any change.

NO MORE DIRECTORS - ADDITIONAL SECRETARIES
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

If this person has ceased to be director, please
state when.

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

Particulars.

Day	Month	Year

Date of any change.

NO MORE DIRECTORS - ADDITIONAL SECRETARIES
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

If this person has ceased to be director, please
state when.

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

Particulars.

Day	Month	Year

Date of any change.

NO MORE DIRECTORS - ADDITIONAL SECRETARIES
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

If this person has ceased to be director, please
state when.

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

00272894

Issued Share Capital (See note 8)

Enter details of all shares in issue at the date of this return.

Class (eg Ordinary/ Preference etc)	Number of shares issued	Aggregate nominal value (ie Number of shares issued multiplied by nominal value per share)
ORDINARY	5180	5180
Totals	5180	5180

List of past and present members

(See note 9)

(Use attached schedule where appropriate)

A full list is required if one was not included with either of the last two returns.

Please mark the appropriate box.

There were no changes in the period ☐

The last full members list was at 15/02/96

A list of changes is enclosed ☐

on paper

not on paper

A full list of members is enclosed ☒**Elective resolutions** (See note 10)

(Private companies only)

If an elective resolution is in force at the date of this return to dispense with annual general meetings, mark this box. ☐If an elective resolution is in force at the date of this return to dispense with laying accounts in general meetings, mark this box. ☐**Certificate**

I certify that the information given in this return is true to the best of my knowledge and belief.

I enclose the fee of **£15.**Cheques should be made payable to **Companies House.****Signed**

Date

14 February 1997

Secretary/Director*
*(delete as appropriate)This return includes Two continuation sheets.
(enter number)**Please ensure that you have completed all sections on this page.**

To whom should Companies House direct any enquiries about the information shown in this return?----->

THE FIDUCE & INDUSTRIAL TRUST LIMITED
 7 WYLLYOTTS PLACE
 POTTERS BAR
 HERTFORDSHIRE Postcode EN6 2JY

Telephone 01707 663366 Ext 243

LIST OF PAST AND PRESENT MEMBERS

SCHEDULE TO FORM 363

Company Number: 00272894		Account of Shares		
Company Name: STRONGS & BENNETT LIMITED		Number of shares or amount of stock held by existing members at date of this return.	Particulars of shares transferred since the date of the last return, or, in the case of the first return, since the incorporation of the company, by (a) persons who are still members, and (b) persons who have ceased to be members.	
Name and address	Number currently held	Number Transferred	Date of Registration of Transfer	Remarks
THE ROWLANDSON ORGANISATION LTD	4144			
Graham House, 7 Wylllyotts Place, Potters Bar, Herts, EN6 2JD.				
RICHARD GRAMHAM ST JOHN ROWLANDSON	1036			
Graham House, 7 Wylllyotts Place, Potters Bar, Herts, EN6 2JD.				
	5180			

Continued overleaf

LIST OF PAST AND PRESENT MEMBERS (continued)

SCHEDULE TO FORM 363[illegible]

2nd December 1996

RICHARD GRAHAM StJOHN ROWLANDSON

LIST OF DIRECTORSHIPS

Acton Motors Limited	Macs Neighbourhood Centres Ltd
A C (Wood Green) Limited	Macs Stores (Fleet) Limited
Allwright (London) Limited	Macs Stores Suppliers Limited
Alvasedge Limited	Marine & Overseas Services (1939) Ltd
A Penny Limited	Martins (South Harrow) Limited
Birina Limited	Mebworths Limited
Carna Limited	Moorgate Services Limited
C C Isles (London) Limited	Nemso Property Co Limited
Cemadol Limited	Northrow Properties Limited
Chegmac Property Co Limited	Paragon Works Limited
Cherrydene Property Co Limited	Partrex Limited
Choughley Property Co Limited	Pennycale Limited
Corova Limited	Philip Lane Limited
C (Tottenham) Limited	R Durrant Limited
C W Wilson (Twickenham) Limited	Regent Hire & Service Garage (Finchley) Limited
Davelstan Limited	Retreat Place Properties Limited
Derrymoyle Limited	R H Properties Limited
Doebray Limited	Ridale Property Co Limited
E H C (Ilford) Limited	Rivella Limited
E Pitts Limited	R L Chapman Limited
F C Welch Limited	R O Supermarkets Limited
F H White (Proprietary) Ltd	Rowlandson Bushell & Co Limited
Finance & Industrial Trust Ltd (The)	Rowlandson Organisation Limited
Frank Bennett (Marylebone) Ltd	Rowlandson Properties Limited
F W Mundy Limited	Setmand Limited
Gosprop Limited	S Graham Rowlandson & Co Ltd
Graham House Properties Limited	Sparkhills Retail Limited
Harden Property Co Limited	Strong's & Bennett Limited
Harmer Securities Limited	Vinstave Property Co Limited
Hendon Central Garage Limited	Webb & Partners Limited
Hendon Central News Limited	Witward Limited
Hendon Traders Limited	Woolvine Properties Limited
Hillbeam Limited	W T Toynbee Limited
H S Rowley Limited	
Hygiene Services (PB) Limited	
Jigsaw Day Nurseries PLC Limited	
Kinmac Limited	
L R M Enterprises Limited	

Date of Birth : 2nd December 1939

2nd December 1996

RICHARD GRAHAM StJOHN ROWLANDSON

FORMER DIRECTORSHIPS

A B Chapman Limited		May	1993
Acton Service Station Limited	28	May	1990
A G Fry Limited		September	1995
Beak St Newsagents Limited		September	1995
Chilterndene Limited		May	1993
C Kingsbury Limited		May	1993
Drys Garages Limited		May	1993
Extons Limited	18	October	1989
Galehaven Limited	1	November	1989
Guyers Limited		September	1993
Hobbs (Cuckfield) Limited	19	November	1990
Johnston (Newsagents) Limited		April	1993
J S Ankerson Limited		November	1991
L H Kimber Limited		September	1995
Littlewood Coach Builders Limited		September	1992
Lynrick Limited	1	November	1989
Maso Limited		August	1992
Materbury Retail Limited		September	1995
Milton Hersant & Sons Limited	1	November	1989
Moorgate Services (Provincial) Limited		May	1993
Parslake Limited		November	1991
P G Morrell (Watford) Limited		August	1996
Prinset Limited		September	1995
Ralph Brothers Limited		September	1993
R H Dyer Limited		September	1995
Rippon (Newsagents) Limited	1	November	1989
Stalford Retail Limited	1	November	1989
Swanarch Limited		December	1991
Talandene Limited		September	1995
Trino Limited	12	November	1991
W B Ray & Sons Limited		September	1993
Welbeck Suites Limited		August	1996
W H Cotterell Limited	1	November	1989