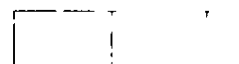


The Insolvency Act 1986

Liquidator's Progress Report
Pursuant to Section 192 of
The Insolvency Act 1986**S.192**

To the Registrar of Companies

For Official Use



Company Number

1789716

Name of Company

Instant Muscle Limited

/s/ We
Anthony Cliff Spicer
25 Moorgate
London
EC2R 6AY

Henry Anthony Shinnars
25 Moorgate
London
EC2R 6AY

the liquidator(s) of the company attach a copy of my/our progress report
under section 192 of the Insolvency Act 1986

Statement of receipts and payments

Signed

Date

11/10/10

Smith & Williamson Limited
25 Moorgate
London
EC2R 6AY

Ref IN322/RYW/PD6/TRF

For Official Use

Insolvency Sect

Post Room

TUESDAY



A23

AW31PO6T
12/10/2010
COMPANIES HOUSE

353

Statement of Receipts and Payments under section 192 of the Insolvency Act 1986

Name of Company	Instant Muscle Limited
Company Registered Number	1789716
State whether members' or creditors' voluntary winding up	Creditors
Date of commencement of winding up	24 September 2008
Date to which this statement is brought down	23 September 2010
Name and Address of Liquidator	
Anthony Cliff Spicer 25 Moorgate London EC2R 6AY	Henry Anthony Shinnars 25 Moorgate London EC2R 6AY

NOTES

You should read these notes carefully before completing the forms. The notes do not form part of the return to be sent to the registrar of companies.

Form and Contents of Statement

(1) Every statement must contain a detailed account of all the liquidator's realisations and disbursements in respect of the company. The statement of realisations should contain a record of all receipts derived from assets existing at the date of the winding up resolution and subsequently realised, including balance at bank, book debts and calls collected, property sold etc., and the account of disbursements should contain all payments of costs, charges and expenses or to creditors or contributories. Receipts derived from deposit accounts and money market deposits are to be included in the 'balance at bank'. Only actual investments are to be included in the 'amounts invested' section in the analysis of balance on page 5 of the form. Where property has been realised, the gross proceeds of sale must be entered under realisations and the necessary payments incidental to sales must be entered as disbursements. A payment into the Insolvency Services Account is not a disbursement and should not be shown as such, nor are payments into a bank, building society or any other financial institution. However, the interest received on any investment should be shown in the realisations. Each receipt and payment must be entered in the account in such a manner as sufficiently to explain its nature. The receipts and payments must severally be added up at the foot of each sheet and the totals carried forward from one account to another without any intermediate balance, so that the gross totals represent the total amounts received and paid by the liquidator respectively.

Trading Account

(2) When the liquidator carries on a business, a trading account must be forwarded as a distinct account, and the total of receipts and payments on the trading account must alone be set out in this statement.

Dividends

(3) When dividends, instalments of compositions, etc. are paid to creditors or a return of surplus assets is made to contributories, the total amount of each dividend, etc. actually paid, must be entered in the statement of disbursements as one sum, and the liquidator must forward separate accounts showing in lists the amount of the claim of each creditor, and the amount of dividend, etc. payable to each creditor or contributory.

(4) When unclaimed dividends, etc. are paid into the Insolvency Services Account, the total amount so paid in should be entered in the statement of disbursements as one sum. The items to be paid in relation to unclaimed dividends should first be included in the realisations side of the account.

(5) Credit should not be taken in the statement of disbursements for any amount in respect of liquidator's remuneration unless it has been duly allowed by resolutions of the liquidation committee or of the creditors or of the company in general meeting, or by order of the court as the case may require, or is otherwise allowable under the provisions of the Insolvency Rules.

Liquidator's statement of account
under section 192 of the Insolvency Act 1986

Realisations			
Date	Of whom received	Nature of assets realised	Amount
		Brought Forward	861,599 52
29/03/2010	Downs Solicitors LLP	Rent Deposit Refund	24,606 30
13/04/2010	AMAS Ltd	Rent Deposit Refund	979 97
28/04/2010	Unc Div Re-issue C Kingsbury	Pref Unclaimed Dividends	28 51
06/09/2010	Staff Training & Solutions	Trade & Expense Creditors	338 99
07/09/2010	Invicta Coffee Ltd	Trade & Expense Creditors	37 87
08/09/2010	Sound Induction Systems Ltd	Trade & Expense Creditors	169 72
Carried Forward			887,760 88

NOTE No balance should be shown on this account but only the total realisations and disbursements which should be carried forward to the next account

Disbursements			
Date	To whom paid	Nature of disbursements	Amount
		Brought Forward	510,244 74
25/03/2010	RBOS	Bank Charges	20 00
30/03/2010	Ann-Marie Evans	Employee Preferential	564 10
30/03/2010	H M Revenue & Customs	Employee Tax & NI	235 90
31/03/2010	Distribution	Trade & Expense Creditors	328,202 84
31/03/2010	Distribution Tax	Inland Revenue	2,070 49
31/03/2010	Distribution NI	Inland Revenue	404 55
31/03/2010	Dept of Trade	DTI Cheque Fees	267 00
01/04/2010	Dept of Trade	DTI Banking Fees	23 00
04/05/2010	J G Collection Services	Storage Costs	228 32
04/05/2010	J G Collection Services	VAT Receivable	39 96
10/05/2010	Claire Kingsbury (re-issue)	Employee Preferential	27 51
10/05/2010	Dept of Trade	DTI Cheque Fees	1 00
12/05/2010	Dept of Trade	DTI Cheque Fees	1 00
07/06/2010	Dept of Trade	DTI BACS Fees	0 15
09/07/2010	Paul Taylor	Trade & Expense Creditors	91 75
09/07/2010	HM Revenue & Customs	Employee Tax & NI	41 22
29/07/2010	J G Collection Services	Storage Costs	228 80
29/07/2010	J G Collection Services	VAT Receivable	40 04
12/08/2010	Smith & Williamson Ltd	Liquidator's Fees	26,489 00
12/08/2010	Smith & Williamson Ltd	VAT Receivable	4,635 58
Carried Forward			873,856 95

NOTE No balance should be shown on this account but only the total realisations and disbursements which should be carried forward to the next account

Analysis of balance

Total realisations	£	887,760 88
Total disbursements		873,856 95
Balance £		13,903 93
This balance is made up as follows		
1 Cash in hands of liquidator		0 00
2 Balance at bank		13,903 93
3 Amount in Insolvency Services Account		0 00
4 Amounts invested by liquidator	£	0 00
Less The cost of investments realised		0 00
Balance		0 00
5 Accrued Items		0 00
Total Balance as shown above		13,903 93

NOTE - Full details of stocks purchased for investment and any realisation of them should be given in a separate statement

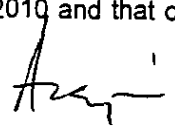
The Liquidator should also state -

- (1) The amount of the estimated assets and liabilities at the date of the commencement of the winding up
- | | |
|---|------|
| | £ |
| Assets (after deducting amounts charged to secured creditors including the holders of floating charges) | 0 00 |
| Liabilities - Fixed charge creditors | 0 00 |
| Floating charge holders | 0 00 |
| Preferential creditors | 0 00 |
| Unsecured creditors | 0 00 |
- (2) The total amount of the capital paid up at the date of the commencement of the winding up -
- | | |
|---|------|
| Paid up in cash | 0 00 |
| Issued as paid up otherwise than for cash | 0 00 |
- (3) The general description and estimated value of any outstanding assets (if there is insufficient space here, attach a separate sheet)
- APPROX £200K
- (4) Why the winding up cannot yet be concluded
- AWAITING DIVIDEND FROM SUBSIDIARY & SUBSEQUENT DIVIDEND DIST.
- (5) The period within which the winding up is expected to be completed
- JAN 2011

List of Dividends Or Composition

Instant Muscle Limited

I HEREBY CERTIFY that a Dividend was declared payable on and after 25th day of March 2010 and that creditors whose names are set forth below are entitled to amounts set opposite their respective names


Joint Liquidator

25 March 2010

Name of Claimant	Rate p/£	Amount of Proof	Dividend Payable	Interest
CA02 Abbey Business Equipment Ltd	17 12	25,850 00	4,425 77	0 00
CA06 Archant Regional	17 12	1,443 90	247 21	0 00
CA0K Alternative Direct Marketing Limited	17 12	4,410 00	755 03	0 00
CA0W Albionhill Property Development	17 12	19,627 50	3,360 42	0 00
CB01 Biffa Waste Services Ltd	17 12	117 11	20 05	0 00
CB0C British Gas Business	17 12	554 09	94 87	0 00
CB0L Balanced People Ltd	17 12	30,277 74	5,183 84	0 00
CB0O Bon Marche Centre Ltd	17 12	14,304 34	2,449 04	0 00
CB0P Berryman	17 12	6,342 11	1,085 83	0 00
CB0Q Blockbuster Entertainment Limited	17 12	12,499 35	2,140 01	0 00
CB0R Bernard Wood	17 12	500 00	85 60	0 00
CB0U Wendy Baker	17 12	206 00	35 27	0 00
CC03 Chubb Fire Limited	17 12	1,379 99	236 27	0 00
CC06 Countrywise Spring Water	17 12	39 42	6 75	0 00
CC07 OCS Group UK Ltd t/a Cannon	17 12	151 22	25 89	0 00
CC0F Commonwork Land Trust	17 12	570 75	97 72	0 00
CC0G Caroline Milne & Co Limited	17 12	481 95	82 51	0 00
CC0H CLG (Great Britain) Limited (in Liquidation)	17 12	24,777 85	4,242 21	0 00
CC0I Care Training East Midlands Ltd	17 12	62,250 16	10,657 83	0 00
CC0J Capita Resourcing Limited	17 12	5,405 00	925 39	0 00
CC0N Castell Howell Foods Limited	17 12	968 92	165 89	0 00
CC0R Chris Raven	17 12	11,093 00	1,899 23	0 00
CC1A Chapmans Removals	17 12	1,116 25	191 11	0 00
CC1B Chamberlain Beaumont London Limited	17 12	3,525 00	603 51	0 00
CC1C Neath Port Talbot County Borough Council	17 12	479 67	82 12	0 00
CC1E Channel Business Centres Limited -	17 12	4,194 75	718 18	0 00
CC1H CBRE Collective Investors (Thames)	17 12	5,355 28	916 88	0 00
CC1I Ann Cochlin	17 12	2,700 00	462 27	0 00
CC1K Cussins And Light (1994) Ltd	17 12	822 50	140 82	0 00
CD0H CF Capital Plc	17 12	3,002 00	513 97	0 00
CD0H Drexel & Drexel Ltd	17 12	9,000 00	1,540 89	0 00
CD0L Donnington Investments (Nottingham) Ltd	17 12	15,599 92	2,670 86	0 00
CE07 Education Development International Plc	17 12	2,930 83	501 79	0 00
CE08 Ellion Ltd	17 12	2,365 67	405 03	0 00
CE0A Edf Energy	17 12	1,405 97	240 72	0 00
CE0B E-On Energy Ltd	17 12	11,577 81	1,982 23	0 00
CE0L Ms Kate Edgar	17 12	126 00	21 57	0 00
CF01 Foundry Mountain Activities Ltd	17 12	8,873 76	1,176 85	0 00
CF03 Fcs Cleaning Limited	17 12	765 75	131 10	0 00
CF05 Fernleigh Consulting Limited	17 12	2,310 00	395 49	0 00
CG00 Gem Vending Limited	17 12	557 43	95 44	0 00
CG04 Grainger West Ltd	17 12	2,996 61	513 05	0 00
CG0F R W German	17 12	475 00	81 32	0 00
CG0H Greenwich Council	17 12	240 84	41 23	0 00
CH0D Haven Mobility	17 12	293 75	50 29	0 00
CH0E Dockthorne Limited	17 12	13,513 60	2,313 66	0 00
CH0H Harlow College	17 12	4,969 50	850 83	0 00
CH0I High Shine Window Cleaning Limited	17 11	23 50	4 02	0 00
CH0J H M Revenue & Customs	17 12	226,307 88	38,746 10	0 00
CH0K H M Revenue & Customs	17 12	162,677 00	27,852 05	0 00
CI00 Invicta Coffee Limited	17 12	221 20	37 87	0 00
CI09 Itica Limited	17 12	998 75	171 00	0 00
CI0B ING Lease (UK) Limited	17 12	450 51	77 13	0 00
CI0C Imperial London Hotels Ltd	17 12	748 00	128 06	0 00
CJ03 Jhp Group Limited	17 12	17,254 16	2,954 08	0 00
CJ08 James McCartney Architects Pension Scheme	17 12	28,750 00	4,922 28	0 00

	Name of Claimant	Rate p/£	Amount of Proof	Dividend Payable	Interest
JJ09	Jp Services (Thanet) Ltd	17 12	315 40	54 00	0 00
CK00	Kingston Communications	17 13	47 00	8 05	0 00
CK03	Kingston Smith LLP	17 12	1,464 04	250 66	0 00
CL06	Leicester City Council	17 12	462 44	79 17	0 00
CL07	Lyreco UK Ltd	17 12	12,603 69	2,157 87	0 00
CL0C	LL Promotions Limited	17 13	22 54	3 86	0 00
CL0I	Learning Works For Children Limited	17 12	1,044 00	178 74	0 00
CL0K	Learning and Skills Council	17 12	49,233 75	8,429 30	0 00
CL0P	Leicester Mercury Group	17 12	1,142 11	195 54	0 00
CL0Q	Latham Properties Limited	17 12	4,477 80	766 64	0 00
CL0V	Ludlow & Co	17 12	826 26	141 46	0 00
CL0Y	Trilium (Prime) Ltd	17 12	10,847 50	1,857 20	0 00
CM06	Mainport Training (Wales) Limited	17 12	3,225 38	552 22	0 00
CM09	Mkh Advertising Ltd	17 12	4,077 08	698 04	0 00
CM0B	Michael Carter	17 12	8,000 00	1,369 68	0 00
CM0C	Mastcraft Limited	17 12	148,306 54	25,391 52	0 00
CM0X	MSH Estates LLP	17 12	8,352 91	1,430 10	0 00
CN06	Nottingham City Council	17 12	167 75	28 72	0 00
CN0N	NPower Ltd	17 12	115 73	19 81	0 00
CO00	OCR	17 12	190 20	32 56	0 00
CO03	Opus Energy Ltd	17 12	68 79	11 78	0 00
CP01	Phoenix Software Ltd	17 12	2,357 05	403 55	0 00
CP08	PJR Motors Limited	17 12	397 63	68 08	0 00
CP0B	PLCM Training Uk Limited	17 12	280 00	47 94	0 00
CP0J	Parklands Properties Limited	17 12	39,371 64	6,740 81	0 00
CP0M	Pacemanor Limited	17 12	13,390 37	2,292 56	0 00
CP0N	Principal Leasehold Properties Ltd	17 12	32,588 96	5,579 55	0 00
CP0P	PKF (UK) LLP	17 12	2,350 00	402 34	0 00
CP0S	Pro-Plumb Gas Limited	17 12	111 63	19 11	0 00
CR02	Russell-Cooke LLP	17 12	1,353 53	231 74	0 00
CR06	Rhondda Cynon Taf County Borough Council	17 12	236 83	40 55	0 00
CR0C	Regus UK Ltd	17 12	1,579 23	270 38	0 00
CR0D	Reed Personnel Services Plc	17 12	2,567 47	439 58	0 00
CR0E	RJ Elliot Electrical	17 12	125 73	21 53	0 00
CR0H	Redactive Media Sales Ltd	17 12	1,991 63	340 99	0 00
CR0I	RHS And MA Sedman	17 12	8,326 25	1,425 53	0 00
CS03	Smaller Business Advisory Services	17 12	7,991 94	1,368 30	0 00
CS05	Severn Trent Water Ltd	17 12	1,964 17	336 28	0 00
CS06	Southern Water Services Ltd	17 12	234 04	40 07	0 00
CS07	Supercups Vending Ltd	17 12	390 69	66 89	0 00
CS08	Sita Uk Limited	17 12	385 05	65 92	0 00
CS0A	Staff Training Solutions	17 12	3,960 00	677 99	0 00
CS0C	Confidential Shredding Services Ltd V/a Shred Easy	17 12	463 42	79 34	0 00
CS0G	Scottish & Southern Energy Plc	17 12	1,255 08	214 88	0 00
CS0J	South East Water Ltd	17 12	1,193 18	204 28	0 00
CS0M	Home Group Limited	17 12	3,522 00	603 00	0 00
CS0N	Stanger Kirkwood Ltd	17 12	4,890 94	837 38	0 00
CS0Q	Sound Induction Systems Ltd	17 12	991 28	169 72	0 00
CS0S	Selection Services Plc	17 12	80,165 42	13,725 10	0 00
CS0U	St Marys Chequerfield Community Project Ltd	17 12	3,300 00	564 99	0 00
CS0Y	National Insurance Fund	17 12	406,730 96	69,636 29	0 00
CT02	Thames Water Utilities Limited	17 12	224 59	38 45	0 00
CT0J	Tnnity Mirror Southern Ltd	17 12	1,045 66	179 03	0 00
CT0L	Thunder Road Motorcycles Ltd	17 12	19,393 75	3,320 40	0 00
CU00	Unworld Communications Ltd	17 12	1,113 48	190 64	0 00
CU02	Ultimate Incentive Limited	17 12	1,199 64	205 39	0 00
CU03	Urban Lynx Limited	17 12	48,250 00	8,260 87	0 00
CU04	Urban Futures London Limited	17 12	34,236 05	5,861 54	0 00
CU06	UK Commercial Properties Limited	17 12	1,793 48	307 06	0 00
CV07	Victoria Properties (Derby) Limited	17 12	1,024 94	175 48	0 00
CW01	Welsh Water	17 12	468 22	80 16	0 00
CW06	Wheatcroft Sims Associates Limited	17 12	7,637 50	1,307 61	0 00
CW07	Water For Work & Home Ltd	17 12	255 57	43 76	0 00
CW09	Waltham Forest College	17 12	786 00	134 57	0 00
CX00	XL Networks Ltd	17 12	72,304 24	12,379 19	0 00
CY01	YWCA	17 12	15,822 88	2,709 03	0 00
EA02	Haile Abraha	17 12	73 02	12 50	0 00
EA03	Afshaan Amin	17 12	115 50	19 77	0 00
EA04	Simran Asia	17 12	478 19	81 87	0 00
EA05	Marc Allen	17 12	164 15	28 10	0 00
EB01	Lawrence Burleigh	17 12	186 18	31 88	0 00
EB04	Roy-David Beer	17 12	91 81	15 72	0 00

Name of Claimant		Rate p/£	Amount of Proof	Dividend Payable	Interest
EB05	Emma-Louise Burton	17 12	91 81	15 72	0 00
EB06	Paul-Alexander Bona	17 11	55 16	9 44	0 00
EB07	Janine Boyle	17 12	155 51	26 62	0 00
EB08	Matthew Blake	17 12	22 55	3 86	0 00
EB09	Tina Burnett	17 12	22 55	3 86	0 00
EB0D	Nicola Bedford	17 12	154 58	26 47	0 00
EB0E	Angela Bevan	17 12	91 81	15 72	0 00
EB0F	Sarah Barrow	17 12	2,389 07	409 03	0 00
EB0H	Amy Barnett	17 12	131 92	22 59	0 00
EC01	Samantha Crane	17 09	7 96	1 36	0 00
EC03	Hayley Couzens	17 11	55 16	9 44	0 00
EC04	Laurence-Stuart Chandler	17 12	22 55	3 86	0 00
EC05	Gail Clarke	17 12	225 36	38 58	0 00
EC09	Jade Copson	17 12	22 55	3 86	0 00
EC0A	Michael Comerford	17 12	204 12	34 95	0 00
EC0E	Julia Cook	17 12	2,224 56	380 87	0 00
ED00	Carol-Ann Devereux	17 12	512 37	87 72	0 00
ED01	Susan Dawe	17 15	16 56	2 84	0 00
ED02	Sonia Devenport	17 12	73 02	12 50	0 00
ED04	Melanie Dabell	17 12	22 55	3 86	0 00
ED05	Margaret-Angela Denton	17 12	951 91	162 98	0 00
ED07	Kiza Deen	17 12	91 81	15 72	0 00
EE00	Michael-Rhys Edwards	17 12	981 60	168 06	0 00
EE01	Ann-Mare Evans	17 12	2,172 19	371 90	0 00
EE02	Richard Edge	17 12	350 68	60 04	0 00
EE04	Colin Williams Evans	17 12	1,751 51	299 88	0 00
EF01	Adam Farrington	17 12	91 81	15 72	0 00
EF02	Andrew Follows	17 11	51 72	8 85	0 00
EF03	Olufunmilayo Fakoya	17 12	1,200 45	205 53	0 00
EF04	Kay Francis	17 12	91 81	15 72	0 00
EG00	Naomi Goode	17 12	91 81	15 72	0 00
EG01	Natalie-Elizabeth Gibbons	17 11	9 00	1 54	0 00
EG02	Ian Griffiths	17 11	55 16	9 44	0 00
EG03	Tony Garrett	17 12	6,587 85	1,127 90	0 00
EG08	Winnie Gonzaga	17 12	386 01	66 09	0 00
EG09	Vennette Geddes	17 12	186 18	31 88	0 00
EH01	Garon Hawkes	17 12	1,019 60	174 57	0 00
EH02	Laura Hoare	17 12	978 09	167 46	0 00
EH03	Peter Hubert	17 12	175 00	29 96	0 00
EH05	Pauline Harns	17 12	225 36	38 58	0 00
EH06	Peter Horton	17 12	494 52	84 67	0 00
EH07	Rhys Harrington	17 12	375 16	64 23	0 00
EH08	Ali-Md Hasan	17 13	27 15	4 65	0 00
EH09	Clare Hodder-Williams	17 12	1,663 55	284 82	0 00
EH0C	Nasar Hussain	17 12	154 63	26 47	0 00
EH0G	Martin Hunte	17 12	82 32	14 09	0 00
EI00	Tope Imevbore	17 12	16,910 56	2,895 25	0 00
EJ01	Susan Jones	17 12	271 25	46 44	0 00
EJ03	Diane Jones	17 12	177 23	30 34	0 00
EJ05	Pamela Jones	17 12	22 55	3 86	0 00
EJ06	Stanislawa-Bozena Jerwanski	17 12	146 54	25 09	0 00
EJ08	Debra-Mary Jackson	17 12	609 74	104 39	0 00
EJ09	Adam Johnson	17 11	55 16	9 44	0 00
EJ0A	Richard Rees James	17 12	85 40	14 62	0 00
EJ0B	Mary Esther Johnson	17 12	175 00	29 96	0 00
EK01	Nina Kemp	17 13	18 04	3 09	0 00
EK02	Terry-Alexander Kelly	17 12	4,660 83	797 14	0 00
EK04	Sarah Louise Knight	17 12	3,356 71	574 70	0 00
EK06	Claire Kingsbury	17 12	22 55	3 86	0 00
EK07	Mana Kiwanuka	17 12	220 68	37 78	0 00
EL04	Sharon Lally-Edson	17 12	51 30	8 78	0 00
EL05	Agnes La Plume	17 12	392 74	67 24	0 00
EL06	Michael Leuner	17 12	542 61	92 90	0 00
EM00	Mana-Ann Monks	17 12	131 92	22 59	0 00
EM01	Shrah Magure	17 12	22 55	3 86	0 00
EM02	Menelle Metcalf	17 12	1,125 94	192 77	0 00
EM03	Reda Masioniene	17 12	82 32	14 09	0 00
EM05	Julie McCarvil	17 13	38 30	6 56	0 00
EM07	Richard Murray	17 11	55 16	9 44	0 00
EM09	Susan Moss	17 12	91 81	15 72	0 00
EM0B	Thomas Edward Moore	17 12	175 00	29 96	0 00
EM0C	Michael Madden	17 12	220 68	37 78	0 00

	Name of Claimant	Rate p/£	Amount of Proof	Dividend Payable	Interest
EM0D	Hayley Morgan	17 12	996 70	170 64	0 00
EM0E	Andre Samuel James McPherson	17 11	55 16	9 44	0 00
EM0F	Norman-Peter Antonio Morrison	17 12	121 61	20 82	0 00
EM0G	Ivan McDougall	17 12	665 46	113 93	0 00
EN00	Peck Norman	17 11	31 67	5 42	0 00
EN02	Shirley Narh	17 12	163 96	28 07	0 00
EO01	Ricky O'Hara	17 12	231 66	39 66	0 00
EO02	Bobby-Joseph Oliver	17 12	82 32	14 09	0 00
EO03	John Osborne	17 12	91 81	15 72	0 00
EO04	Tawo Olusanjo	17 12	88 27	15 11	0 00
EP00	Jacqueline Passmore	17 12	82 32	14 09	0 00
EP03	Kenneth-Andrew Pilcher	17 12	22 55	3 86	0 00
EP04	Bridget Pattenden	17 13	40 80	6 99	0 00
EP06	Simon Pateman	17 12	22 55	3 86	0 00
EP07	Manon Phillip	17 12	1,307 26	223 82	0 00
EP08	Sarah Jane Pope	17 12	91 81	15 72	0 00
EP09	Daniel Peter Potheary	17 12	131 92	22 59	0 00
EP0B	Lesley-Ayesha Powell	17 12	175 00	29 96	0 00
EP0D	Alan-Keith Pritchard	17 12	308 42	52 80	0 00
ER01	Janet Richards	17 12	1,051 92	180 10	0 00
ER02	Christopher Robins	17 12	1,410 46	241 48	0 00
ER03	Kenny Ross	17 13	18 04	3 09	0 00
ER04	Lourdes Requena	17 12	513 08	87 84	0 00
ER06	Peter Rose	17 12	2,945 36	504 27	0 00
ER07	Debra-Ann Richardson	17 12	308 42	52 80	0 00
ER08	Valire Reid	17 12	153 12	26 22	0 00
ER09	Yasmin Rajput	17 12	473 51	81 07	0 00
ES00	Steve Shelly	17 12	859 14	147 09	0 00
ES04	Emma Shortland	17 12	834 82	142 93	0 00
ES06	Sharon Sale	17 12	2,328 41	398 65	0 00
ES0D	Daniel Slater	17 12	22 55	3 86	0 00
ES0E	Maggie-Ann Shelton	17 12	383 40	65 64	0 00
ES0F	Vikki Singh	17 12	22 55	3 86	0 00
ES0G	Christine-Mary Snowden	17 12	91 81	15 72	0 00
ES0H	Benjamin Steward	17 17	7 34	1 26	0 00
ES0I	Anne Simpson	17 11	55 16	9 44	0 00
ES0J	Samantha Jane Alice Stokley	17 11	55 16	9 44	0 00
ES0K	Helen Mary Stoker	17 12	91 81	15 72	0 00
ES0L	David Smythe	17 12	529 43	90 64	0 00
ES0M	David Speakman	17 12	121 61	20 82	0 00
ES0N	Irene Sullivan	17 12	579 79	99 27	0 00
ES0O	Alan-Leonard Spencer	17 12	131 92	22 59	0 00
ET00	Clifford Thompson	17 12	175 00	29 96	0 00
ET01	Jane Taylor	17 12	1,432 63	245 28	0 00
ET02	Paul Traxler	17 12	197 54	33 82	0 00
ET06	Pipind Toor	17 12	91 81	15 72	0 00
ET07	Andrew Tresadern	17 12	22 55	3 86	0 00
ET09	Richard-Raymond Thomas	17 12	1,769 09	302 89	0 00
ET0A	Paul Taylor	17 12	101 55	17 39	0 00
EW00	Anthony Michael Walker	17 12	131 92	22 59	0 00
EW01	Janet Webster	17 12	725 36	124 19	0 00
EW02	Clive Williams	17 12	1,376 66	235 70	0 00
EW03	Robert-Lewis Withey	17 12	297 65	50 96	0 00
EW05	Kate Samantha Whittaker	17 12	225 36	38 58	0 00
EW06	Leigh-George Whipps	17 12	1,465 45	250 90	0 00
EW07	Bernie Wright	17 12	22 55	3 86	0 00
EW08	Mark-William Wnght	17 12	925 95	158 53	0 00
EW09	John-Michael Webb	17 12	2,470 90	423 04	0 00
EW0B	Teresa Webster	17 12	22 55	3 86	0 00
EW0C	Anne Whitfield	17 12	131 92	22 59	0 00
EW0D	Michael Webster	17 12	250 38	42 87	0 00
EW0F	Anna Williams	17 12	22 55	3 86	0 00
EW0G	Stephen Paul Waller	17 12	231 16	39 58	0 00
EW0H	Clive Ward	17 12	280 52	48 03	0 00
EW0I	Alan-Lawrence Wnght	17 12	82 32	14 09	0 00
EY00	Catherine-Elizabeth Young	17 12	854 12	146 23	0 00

Name of Claimant

Rate p/£ Amount of Proof

Dividend Payable

Interest

1,931,420 89

330,678 88

0 00

Note Dividend calculated to 9 decimal places but rounded to 2 decimal places for listing

* Denotes different payee name from claimant

@ Denotes employee/RPO subrogation

AD 2/3/10

Instant Muscle Limited

Tax and NIC Deducted (Notional Rates) on Distribution Dated 24/03/2010

Key	Name	NI Number	Gross Payment	Tax	NI	Net Payment
EA02	Haile Abraha	SC132732	12 50	2 50	0 00	10 00
EA03	Afshaan Amin	JK260390	19 77	3 95	0 00	15 82
EA04	Simran Asia	JE298088	81 87	16 37	0 00	65 50
EA05	Marc Allen	JT284903	28 10	5 62	0 00	22 48
EB01	Lawrence Burleigh	WM606174	31 88	6 38	0 00	25 50
EB04	Roy-David Beer	PC343314	15 72	3 14	0 00	12 58
EB05	Emma-Louise Burton	NZ447724	15 72	3 14	0 00	12 58
EB06	Paul-Alexander Bona	JW180232	9 44	1 89	0 00	7 55
EB07	Janine Boyle	JR136912	26 62	0 00	0 00	26 62
EB08	Matthew Blake	JH158465	3 86	0 77	0 00	3 09
EB09	Tina Burnett	NH512971	3 86	0 77	0 00	3 09
EB0D	Nicola Bedford	JM211926	26 47	5 29	0 00	21 18
EB0E	Angela Bevan	NX318784	15 72	3 14	0 00	12 58
EB0F	Sarah Barrow	NZ141441	409 03	33.25	6 18	369 60
EB0H	Amy Barnett	JP709660	22 59	4 52	0 00	18 07
EC01	Samantha Crane	JH294069	1 36	0 27	0 00	1 09
EC03	Hayley Couzens	NA761853	9 44	1 89	0 00	7 55
EC04	Laurence-Stuart Chandler	JR270326	3 86	0 77	0 00	3 09
EC05	Gail Clarke	NB606802	38 58	7 72	0 00	30 86
EC09	Jade Copson	JP624601	3 86	0 77	0 00	3 09
EC0A	Michael Comerford	YE449785	34 95	6 76	0 00	28 19
EC0E	Julia Cook	YM713862	380 87	24 95	0 00	355 92
ED00	Carol-Ann Devereux	YX19419	87 72	17 54	0 00	70 18
ED01	Susan Dawe	NM613336	2 84	0 57	0 00	2 27
ED02	Sonia Devenport	NH720753	12 50	2 50	0 00	10 00
ED04	Melanie Dabell	HY025044	3 86	0 77	0 00	3 09
ED05	Margaret-Angela Denton	NA840086	162 98	32 60	5 83	124 55
ED07	Kiza Deen	JW651639	15 72	3 14	0 00	12 58
EE00	Michael-Rhys Edwards		168 06	33 61	6 39	128 06
EE01	Ann-Marie Evans		371 90	70 71	26 79	274 40
EE02	Richard Edge	JT6249803	60 04	10 91	0 00	49 13
EE04	Colin Williams Evans	YK861186	299 88	59 98	20 89	219 01
EF01	Adam Farrington	JJ621467	15 72	3 14	0 00	12 58
EF02	Andrew Follows	NW637404	8 85	1 77	0 00	7 08
EF03	Olufunmilayo Fakoya	PX298898	205 53	41 11	10 51	153 91
EF04	Kay Francis	NW637404	15 72	3 14	0 00	12 58
EG00	Naomi Goode	JR767416	15 72	3 14	0 00	12 58
EG01	Natalie-Elizabeth Gibbons		1 54	0 31	0 00	1 23
EG02	Ian Griffiths	WE172830	9 44	1 89	0 00	7 55
EG03	Tony Garrett		1,127 90	136 63	63 04	928 23
EG08	Winnie Gonzaga	PX256997	66 09	12 23	0 00	53 86
EG09	Vennette Geddes	WM530217	31 88	6 38	0 00	25 50
EH01	Garon Hawkes	NA409810	174 57	19 07	0 00	155 50
EH02	Laura Hoare	JH005449	167 46	0 00	0 00	167 46
EH03	Peter Hubert	YX359184	29 96	5 99	0 00	23 97
EH05	Pauline Harris	YT102832	38 58	7 72	0 00	30 86
EH06	Peter Horton	YZ149469	84 67	16 93	0 00	67 74
EH07	Rhys Harrington	JK748499	64 23	12 85	0 00	51 38
EH08	Ali-Md Hasan	JZ260194	4 65	0 93	0 00	3 72
EH09	Clare Hodder-Williams	JH828881	284 82	47 47	14 01	223 34
EH0C	Nasar Hussain	NY722601	26 47	5 29	0 00	21 18
EH0G	Martin Hunte	NB318996	14 09	2 82	0 00	11 27
EI00	Tope Imevbore		2,895 25	197 68	82 18	2,615 39
EJ01	Susan Jones	YT237972	46 44	9 20	0 00	37 24
EJ03	Diane Jones	WA029624	30 34	6 07	0 00	24 27
EJ05	Pamela Jones	WE211062	3 86	0 77	0 00	3 09

Instant Muscle Limited

Tax and NIC Deducted (Notional Rates) on Distribution Dated 24/03/2010

Key	Name	NI Number	Gross Payment	Tax	NI	Net Payment
EJ06	Stanislawa-Bozena Jerwanski	NE858983	25 09	5 02	0 00	20 07
EJ08	Debra-Mary Jackson	NR240790	104 39	0 00	0 00	104 39
EJ09	Adam Johnson	JM001484	9 44	1 89	0 00	7 55
EJ0A	Richard Rees James	YR687108	14 62	2 92	0 00	11 70
EJ0B	Mary Esther Johnson	PW591799	29 96	5 99	0 00	23 97
EK01	Nina Kemp	JS206848	3 09	0 62	0 00	2 47
EK02	Terry-Alexander Kelly	ZT879111	797 94	135 54	0 00	662 35
EK04	Sarah Louise Knight	NE550509	574 70	70 35	26 59	477 76
EK06	Claire Kingsbury	JC381854	3 86	0 77	0 00	3 09
EK07	Maria Kiwanuka	JW988412	37 78	7 56	0 00	30 22
EL04	Sharon Lally-Edson	NL032770	8 78	1 76	0 00	7 02
EL05	Agnes La Plume	WL472380	67 24	10 56	0 00	56 68
EL06	Michael Leuner	SG083264	92 90	15 43	0 00	77 47
EM00	Maria-Ann Monks	YE104508	22 59	4 52	0 00	18 07
EM01	Shrah Magure	JH490325B	3 86	0 77	0 00	3 09
EM02	Mernelle Metcalf	NH707154	192 77	38 55	9 10	145 12
EM03	Reda Mastomene	PX419248	14 09	2 82	0 00	11 27
EM05	Julie McCarvil	NE766855	6 56	1 31	0 00	5 25
EM07	Richard Murray	WL135886	9 44	1 89	0 00	7 55
EM09	Susan Moss	NP736342	15 72	3 14	0 00	12 58
EM0B	Thomas Edward Moore	JT689824	29 96	5 99	0 00	23 97
EM0C	Michael Madden	WK201981	37 78	7 56	0 00	30 22
EM0D	Hayley Morgan	JA121407	170 64	0 00	0 00	170 64
EM0E	Andre Samuel James McPherson	NZ705436	9 44	1 89	0 00	7 55
EM0F	Norman-Peter Antonio Morrison	WA203443	20 82	4 16	0 00	16 66
EM0G	Ivan McDougall	NA068407	113 93	19 75	0 00	94 18
EN00	Peck Norman	JA601687	5 42	1 08	0 00	4 34
EN02	Shirley Narh	NH805692	28 07	5 61	0 00	22 46
EO01	Ricky O'Hara	JR058487	39 66	7 93	0 00	31 73
EO02	Bobby-Joseph Oliver	JA190680	14 09	2 82	0 00	11 27
EO03	John Osborne	JL179623	15 72	3 14	0 00	12 58
EO04	Taiwo Olusajo	SC504402	15 11	3 02	0 00	12 09
EP00	Jacqueline Passmore	NA515821	14 09	2 82	0 00	11 27
EP03	Kenneth-Andrew Pilcher	WM320295	3 86	0 77	0 00	3 09
EP04	Bridget Pattenden	NP640775	6 99	1 40	0 00	5 59
EP06	Simon Pateman	JN925037	3 86	0 77	0 00	3 09
EP07	Marion Phillip	HY659717	223 82	37 39	8 46	177 97
EP08	Sarah Jane Pope	JG180690	15 72	3 14	0 00	12 58
EP09	Daniel Peter Potheary	JS278377	22 59	4 52	0 00	18 07
EP0B	Lesley-Ayesha Powell	WK257991	29 96	5 99	0 00	23 97
EP0D	Alan-Keith Pritchard	YM349237	52 80	10 56	0 00	42 24
ER01	Janet Richards	WM769151	180 10	36 02	7 71	136 37
ER02	Christopher Robins	NM559244	241 48	48 30	14 46	178 72
ER03	Kenny Ross	JT130141	3 09	0 62	0 00	2 47
ER04	Lourdes Requena	WM494319	87 84	16 45	0 00	71 39
ER06	Peter Rose	YT871143	504 27	62 71	22 39	419 17
ER07	Debra-Ann Richardson	NA961593	52 80	10 56	0 00	42 24
ER08	Valire Reid	WM813045	26 22	5 24	0 00	20 98
ER09	Yasmin Rajput	YX262245	81 07	16 21	0 00	64 86
ES00	Steve Shelly	NX494182	147 09	29 42	4 08	113 59
ES04	Emma Shortland	JS249437	142 93	14 50	0 00	128 43
ES06	Sharon Sale	NB235728	398 65	44 03	12 12	342 50
ES0D	Daniel Slater	JG565089	3 86	0 77	0 00	3 09
ES0E	Maggie-Ann Shelton	NP954740	65 64	13 13	0 00	52 51
ES0F	Vikki Singh	JE867876	3 86	0 77	0 00	3 09
ES0G	Christine-Mary Snowdin	YW363808	15 72	3 14	0 00	12 58

Instant Muscle Limited

Tax and NIC Deducted (Notional Rates) on Distribution Dated 24/03/2010

Key	Name	NI Number	Gross Payment	Tax	NI	Net Payment
ES0H	Benjamin Steward	JH854651	1 26	0 25	0 00	1 01
ES0I	Anne Simpson	YY505319	9 44	1 89	0 00	7 55
ES0J	Samantha Jane Alice Stokley	JA925596	9 44	1 89	0 00	7 55
ES0K	Helen Mary Stoker	JJ805272	15 72	3 14	0 00	12 58
ES0L	David Smythe	NM272687	90 64	18 13	0 00	72 51
ES0M	David Speakman	NE071253	20 82	4 16	0 00	16 66
ES0N	Irene Sullivan	WK730986	99 27	19 85	0 00	79 42
ES0O	Alan-Leonard Spencer	YA514700	22 59	4 52	0 00	18 07
ET00	Clifford Thompson	WL507893	29 96	5 99	0 00	23 97
ET01	Jane Taylor	NZ450572	245 28	35 60	7 48	202 20
ET02	Paul Traxler	YX356078	33 82	6 76	0 00	27 06
ET06	Pipind Toor	NZ154874	15 72	3 14	0 00	12 58
ET07	Andrew Tresadern	NE031752	3 86	0 77	0 00	3 09
ET09	Richard-Raymond Thomas	YT515346	302 89	60 58	21 22	221 09
ET0A	Paul Taylor	WA254717	17 39	3 48	0 00	13 91
EW00	Anthony Michael Walker	NB931499	22 59	4 52	0 00	18 07
EW01	Janet Webster	WP288645	124 19	24 84	1 56	97 79
EW02	Clive Williams	WA723139	235 70	22 32	0 17	213.21
EW03	Robert-Lewis Withey	YL430044	50 96	10 19	0 00	40 77
EW05	Kate Samantha Whittaker	JE977002	38 58	7 72	0 00	30 86
EW06	Leigh-George Whipps	NE014315	250.90	50 18	15 50	185 22
EW07	Bernie Wright	YY669970	3 86	0.77	0 00	3 09
EW08	Mark-William Wright	NB727863	158 53	17 81	0 00	140 72
EW09	John-Michael Webb	NB497436	423 04	47 29	13 91	361 84
EW0B	Teresa Webster	YM854526	3 86	0 77	0.00	3 09
EW0C	Anne Whitfield	YZ835625	22.59	4 52	0 00	18 07
EW0D	Michael Webster	NH281050	42 87	8 57	0 00	34 30
EW0F	Anna Williams	JP687823	3 86	0 77	0 00	3 09
EW0G	Stephen Paul Waller	YR340549	39 58	7 92	0 00	31 66
EW0H	Clive Ward	YT901556	48 03	7 72	0 00	40.31
EW0I	Alan-Lawrence Wright	YY783771	14 09	2 82	0.00	11 27
EY00	Catherine-Elizabeth Young	JM116557	146 23	29 25	3 98	113 00
Totals			15,156 68	2,070 49	404 55	12,681 64