



Companies House
— for the record —

AR01 (ef)

Annual Return



Received for filing in Electronic Format on the: **13/07/2012**

X1D3NXIR

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

Company Number: **02727984**

Date of this return: **01/07/2012**

SIC codes: **93290**

Company Type: **Private company limited by shares**

Situation of Registered Office: **24-26 BALTIC STREET WEST
LONDON
UNITED KINGDOM
EC1Y 0RP**

Single Alternative Inspection Location (SAIL)

The address for an alternative location to the company's registered office for the inspection of registers is:

8 BADEN PLACE
CROSBY ROW
LONDON
UNITED KINGDOM
SE1 1YW

The following records have moved to the single alternative inspection location:

Register of members (section 114)
Register of directors (section 162)
Register of secretaries (section 275)
Records of resolutions and meetings (section 358)
Register of debenture holders (section 743)

Officers of the company

Company Secretary 1

Type: **Corporate**
Name: **CORNHILL SECRETARIES LIMITED**

*Registered or
principal address:* **8 BADEN PLACE
CROSBY ROW
LONDON
UNITED KINGDOM
SE1 1YW**

European Economic Area (EEA) Company

Register Location: **UNITED KINGDOM**
Registration Number: **461605**

Company Director ***1***

Type: **Person**

Full forename(s): **MR VASSOS**

Surname: **HAVA**

Former names:

Service Address: **24-26 BALTIC STREET
LONDON
UNITED KINGDOM
EC1Y 0RP**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **23/07/1974** *Nationality:* **BRITISH**

Occupation: **COMPANY DIRECTOR**

Company Director 2

Type: **Person**

Full forename(s): **JOHN MARCOS**

Surname: **LYRAS**

Former names:

Service Address: **24-26 BALTIC STREET
LONDON
UNITED KINGDOM
EC1Y 0RP**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **12/12/1949**

Nationality: **BRITISH**

Occupation: **SHIPBROKER**

Company Director **3**

Type: **Person**

Full forename(s): **MR MARKOS JOHN**

Surname: **LYRAS**

Former names:

Service Address: **24/26 BALTIC STREET
LONDON
UNITED KINGDOM
EC1Y 0RP**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **07/05/1982** *Nationality:* **BRITISH**

Occupation: **SHIPBROKER**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	1000
		<i>Aggregate nominal value</i>	1000
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0

Prescribed particulars

AS PER THE COMPANY'S ARTICLES OF ASSOCIATION

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	1000
		<i>Total aggregate nominal value</i>	1000

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 01/07/2012 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for the company are shown below

Shareholding 1 : 1000 ORDINARY shares held as at the date of this return
Name: OCEAN SPIRIT LTD

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.