



Companies House
— for the record —

363a_(ef)

Annual Return



XKA4ZE19

Received for filing in Electronic Format on the: **12/10/2009**

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

Company Number: **02727984**

Company Details

Period Ending: **01/07/2009**

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

Principal Business Activities:

SIC codes:

9272

*Registered Office
Address:*

**24-26 BALTIC STREET
LONDON
EC1Y 0RP**

*Register of
Members Address:*

**1 SNOW HILL
LONDON
EC1A 2DH**

*Register of Debenture
Holders Address:*

**1 SNOW HILL
LONDON
EC1A 2DH**

Details of Officers of the Company

Company Secretary 1:

Name: **CORNHILL SECRETARIES
LIMITED**

Address: **- ST PAUL'S HOUSE
WARWICK LANE
LONDON
EC4M 7BP**

Director 1 :

Name: **JOHN MARCOS LYRAS**

Address: **17 SHELDON AVENUE
LONDON
N6 4JS**

Date of Birth:

12/12/1949

Nationality:

BRITISH

Occupation:

SHIPBROKER

Director 2 :

Name: **MARKOS JOHN LYRAS**

Address: **61 ELIZABETH COURT PALGRAVE
GARDENS
LONDON
NW1 6EJ**

Date of Birth:

07/05/1982

Nationality:

BRITISH

Occupation:

SHIPBROKER

Share Capital

Issued Share Capital Details:

<i>Class of Share</i>	<i>Number of Shares issued</i>	<i>Aggregate Nominal value of issued Shares</i>
ORDINARY	1000	GBP1000
<i>TOTALS</i>		
	1000	GBP1000.000

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 01/07/2009 or that had ceased to be shareholders since the made up date of the previous Annual Return

Shareholding 1:

1000 ORDINARY Shares held as at 01/07/2009

Name: **OCEAN SPIRIT LTD**

Address:

Authorisation

Authoriser Designation: **secretary**

Date Authorised: **12/10/2009**

Authenticated: **Yes**