

Produced by
"THE REGISTRAR"

Please complete in typescript,
or in bold black capitals.

Company Number

Company Name in full



* F 3 6 3 A D 5 0 *

Naturel Sis
006504

363a

Annual Return

2727984

PACIFIC HEALTH AND FITNESS LIMITED

Date of this return (See note 1)

The information in this return is made up to

Day Month Year

0 1 0 7 9 9

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

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Registered Office (See note 3)

Show here the address at the date of
this return.

Any change of
registered office
must be notified
on form 287.

Post town

County / Region

Postcode

24-26 BALTIC STREET

LONDON

EC1Y 0RP.

Principal business activities

(See note 4)

Show trade classification code number(s)
for the principal activity or activities

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

8 8 2 9



Form revised March 1995

When you have completed and signed the form please send it to the
Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF4 3UZ DX33050 Cardiff
for companies registered in England and Wales

or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB

for companies registered in Scotland

DX 235 Edinburgh

Register of Members (See note 5)

If the register of members is not kept at the registered office, state here where it is kept.

Post town

County / Region

1 SNOW HILL

LONDON

Postcode

EC1A 2EN

Register of Debenture holders

(See note 6)

If there is a register of debenture holders and it is not kept at the registered office state here where it is kept.

Post town

County / Region

1 SNOW HILL

LONDON

Postcode

EC1A 2EN

Company type (See note 7)

Public limited company

Private company limited by shares

Private company limited by guarantee without share capital

Private company limited by shares exempt under section 30

Private company limited by guarantee exempt under section 30

Private unlimited company with share capital

Private unlimited company without share capital

<input type="checkbox"/>
<input checked="" type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Please mark the appropriate box

Company Secretary (See notes 1-5)

(Please photocopy this area to provide details of joint secretaries).

Name

* Style / Title

Details of a new company secretary must be notified on form 288a.

* Honours etc.

Forename(s)

Surname

* Voluntary details

Previous forename(s)

Previous Surname(s)

Address

Usual residential address must be given. In the case of a corporation, give the registered or principal office address.

Post town

County / Region

Country

ST. PAUL'S HOUSE, WARWICK LANE

LONDON

Postcode

EC4P 4BN

Directors (see note 1-5)

2727984

please list directors in alphabetical order.

Details of new directors must be notified on form 288a

Name	* Style / Title		Day	Month	Year
	* Honours etc.		Date of birth		
			0 4	0 3	6 3
Forename(s)	ANDREW RICHARD				
Surname	BARKER				
Previous forename(s)					
Previous Surname(s)					
Address	46 LONGLAND DRIVE, TOTTERIDGE				
Usual residential address must be given. In the case of a corporation, give the registered or principal office address.	Post town	LONDON			
	County / Region		Postcode	N20 8HJ	
	Country		Nationality	BRITISH	
Business occupation	LEISURE CO. DIRECTOR				
Other directorships	AS PER LIST				

* Voluntary details

Name	* Style / Title		Day	Month	Year
	* Honours etc.		Date of birth		
			1 2	1 2	4 9
Forename(s)	JOHN MARCOS				
Surname	LYRAS				
Previous forename(s)					
Previous Surname(s)					
Address	17 SHELDON AVENUE				
Usual residential address must be given. In the case of a corporation, give the registered or principal office address.	Post town	LONDON			
	County / Region		Postcode	N6 4JS.	
	Country		Nationality	BRITISH	
Business occupation	SHIPBROKER				
Other directorships	AS PER LIST				

Schedule of Other Directorships

Date of
Resignation**ANDREW RICHARD BARKER**BALTIC HEALTH AND FITNESS LIMITED
FRONTLINE NUTRITION LIMITED

1/03/95

JOHN MARCOS LYRASLYRAS MARITIME LIMITED
LYRAS FINANCIAL SERVICES LIMITED
LYRAS BROTHERS LIMITED
BALTIC HEALTH AND FITNESS LIMITED
LONDON STEAM-SHIP OWNERS MUTUAL INSURANCE ASSOCIATION LIMITED
CHARTERING BROKERS MUTUAL INSURANCE ASSOCIATION LIMITED
THE HELLENIC MUTUAL WAR RISKS ASSOCIATION LIMITED
COUNCIL OF EUROPEAN AND JAPANESE NATIONAL SHIPOWNERS ASSOCIATIONS
OSTEOPATHIC CENTRE FOR CHILDREN
THE BALTIC EXCHANGE LIMITED

Issued share capital (See note 9)
Enter details of all the shares in issue
at the date of this return.

Class (e.g. Ordinary/Preference)	Number of shares issued	Aggregate Nominal value (i.e. Number of shares issued multiplied by nominal value per share)
ORDINARY	1,000	1,000.00
Totals	1,000	1,000.00

List of past and present members
(Use attached schedule where appropriate)
A full list is required if one was not
included with either of the last two
returns.
(See note 10)

There were no changes in the period

☐

on paper

in another format

A list of changes is enclosed

☐
☐

A full list of members is enclosed

☒
☐

Elective resolutions
(Private companies only)
(See note 11)

If at the date of this return an election is in force to dispense
with annual general meetings, mark this box

☐

If at the date of this return an election is in force 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.

Signed



Date

11th July 1999

+ Please delete as appropriate

+ a director / ~~secretary~~

When you have signed the return send it
with the fee to the Registrar of Companies.
Cheques should be made payable to
Companies House.

This return includes

continuation sheets.

(enter number)

Please give the name, address,
telephone number, and if available,
a DX number and Exchange, for
the person Companies House should
contact if there is any query.

CORNHILL SECRETARIES LIMITED	
1 SNOW HILL, LONDON, EC1A 2EN	
Tel 28/19957	
DX number	DX exchange

Produced by
"THE REGISTRAR"

Please complete in typescript,
or in bold black capitals.

List of past and present members
Schedule to form 363a, 363b

Company Number
Company Name in full

2727984

PACIFIC HEALTH AND FITNESS LIMITED

Number of shares
or amount of
stock held by
existing members
at date of this
return.

Particulars of shares or stock 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.

Number or
amount
currently held

Number or
amount
transferred

Date of
registration
of transfer

Remarks

Name and address

OCEAN SPIRIT LIMITED
P.O. BOX 236, FIRST ISLAND HOUSE,
PETER STREET, ST. HELIER, JERSEY,
JE4 8SG, C.I.

1,000