



Companies House

— for the record —

Company Name

FITNESS FIRST PLC

Nat
#15
003034

BULK LIST

363s Annual Return

- > Please check the details printed in blue on this statement.
- > If any details are wrong, strike them through and write the correct details in the "Amended details" column.
- > Please use black pen and write in capitals.

Company Type

Public Limited Company

Company Number

3075946

Information extracted from
Companies House records on
14th June 2000

Section 1: Company details



Ref: 3075946/03/10

	Current details	Amended details																												
> Registered Office Address <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	58 Fleets Lane Poole Dorset BH15 3BT	Address _____ _____ _____ UK Postcode _ _ _ _ _																												
> Register of Members <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Address where the Register is held At Registered Office	Address _____ _____ _____ UK Postcode _ _ _ _ _																												
> Register of Debenture Holders <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Not Applicable	Address _____ _____ _____ UK Postcode _ _ _ _ _																												
> Principal Business Activities <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<table border="1"> <thead> <tr> <th>SIC Code</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td>9305</td> <td>Other service activities</td> </tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table>	SIC Code	Description	9305	Other service activities											<table border="1"> <thead> <tr> <th>SIC CODE</th> <th>Description</th> </tr> </thead> <tbody> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table>	SIC CODE	Description												
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9305	Other service activities																													
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> <i>If no entries are shown, please enter principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes.</i>																														

Section 2: Details of Officers of the Company

	Current details	Amended details
> Company Secretary <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> <i>Particulars of a new Company Secretary must be notified on form 288.</i>	Name Susan Anne CADD BA (HONS) FCIS Address 7 Elmstead Road Canford Cliffs Poole Dorset BH13 7EZ	Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _ Date of change _ _ / _ _ / _ _ _ _ Date Susan Anne CADD BA (HONS) FCIS ceased to be secretary (if applicable) _ _
> Director <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> <i>Particulars of a new Director must be notified on form 288.</i>	Name Michael William BALFOUR Address 1 BELVEDERE House 6 Melinley Road Bournemouth Dorset BH4 8AQ Date of birth 03/05/1949 Nationality British Occupation Director	Name _____ Address 51 CANFORD CLIFFS RD POOLE BH13 7AQ UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Michael William BALFOUR ceased to be director (if applicable) _ _ / _ _ / _ _ _ _
> Director <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> <i>Particulars of a new Director must be notified on form 288.</i>	Name Stephen James BAMFORD Address Glengarden Farmleigh Grove Burwood Park Walton On Thames Surrey KT12 5BU Date of birth 18/05/1950 Nationality British Occupation Development Capital Financier	Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Stephen James BAMFORD ceased to be director (if applicable) _ _ / _ _ / _ _ _ _

	Current details	Amended details
> Director If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column. Particulars of a new Director must be notified on form 288.	Name Nigel Ronald CARTWRIGHT F C I S Address Staithe The Causeway Claygate Surrey KT10 0NE Date of birth 05/05/1953 Nationality British Occupation Director	Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Nigel Ronald CARTWRIGHT F C I S ceased to be director (if applicable) _ _ / _ _ / _ _ _ _
> Director If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column. Particulars of a new Director must be notified on form 288.	Name Walter Kenneth GOLDSMITH Address 11 Halland Way Northwood Middlesex HA6 2AG Date of birth 19/01/1938 Nationality British Occupation Company Director	Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Walter Kenneth GOLDSMITH ceased to be director (if applicable) _ _ / _ _ / _ _ _ _
> Director If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column. Particulars of a new Director must be notified on form 288.	Name Malcolm Sinclair GUSCOTT Address 6 Mckinley Road Bournemouth Dorset BH4 8AQ Date of birth 06/05/1951 Nationality British Occupation Property/Director	Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Malcolm Sinclair GUSCOTT ceased to be director (if applicable) _ _ / _ _ / _ _ _ _

	Current details	Amended details
> Director <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Name Christopher Donovan James PEARCE Address Pinecroft The Barton Cobham Surrey KT11 2NJ Date of birth 01/03/1953 Nationality British Occupation Company Director	Name Address UK Postcode _____ Date of birth ____ / ____ / ____ Nationality _____ Occupation _____ Date of change ____ / ____ / ____ Date Christopher Donovan James PEARCE ceased to be director (if applicable) ____ / ____ / ____
Particulars of a new Director must be notified on form 288.		
> Director <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Name Sean PHILLIPS Address 67 Queens Park South Drive Bournemouth- Dorset- BH8 9BH Date of birth 27/08/1963 Nationality American Occupation Operations Director	Name Address 38, Western Avenue BRANKSOME PARK UK Postcode BH13 8AQ Date of birth ____ / ____ / ____ Nationality _____ Occupation _____ Date of change ____ / ____ / ____ Date Sean PHILLIPS ceased to be director (if applicable) ____ / ____ / ____
Particulars of a new Director must be notified on form 288.		

Director

EDWARD JOHN DENNING

CYDER COTTAGE

9 PILGRIMS WAY

GUILDFORD

SURREY

GU4 8AD

D. of Birth. 9.8.46

Nationality British

Occupation Company Director

Section 3: Share Capital

	Current details	Amended details
> Issued Share Capital	Class of share	Class of share
<i>This table shows the total number of shares that have been issued by your company and their Nominal Value. If any of the details are wrong, please fill in the correct details.</i>	Ordinary A-	
	Nominal value of each share	Nominal value of each share
	£1.00	<u>0.25p</u>
	Number of shares issued	Number of shares issued
	2,194,500	<u>45,686,505</u>
	Aggregate Nominal Value of issued shares	Aggregate Nominal Value of issued shares
	£2,194,500.00	<u>£11,421,626</u>
	Class of share	Class of share
	Ordinary B-	
	Nominal value of each share	Nominal value of each share
	£1.00	
	Number of shares issued	Number of shares issued
	701,500	
	Aggregate Nominal Value of issued shares	Aggregate Nominal Value of issued shares
	£701,500.00	
	Class of share	Class of share
	Ordinary C-	
	Nominal value of each share	Nominal value of each share
	£1.00	
	Number of shares issued	Number of shares issued
	829,000	
	Aggregate Nominal Value of issued shares	Aggregate Nominal Value of issued shares
	£829,000.00	
> Total shares issued and value	Total number of shares issued	Total number of shares issued
<i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	3,755,000	<u>45,686,505</u>
	Total Nominal value of shares issued	Total Nominal value of shares issued
	£3,755,000.00	<u>£11,421,626</u>
> At the date of this Annual Return, if the company has altered or changed its share capital in any way or allotted new shares, please refer to the guidance notes for details of the appropriate form that should be sent with this Annual Return. Annual return guidance notes are available on the Companies House web site at www.companieshouse.gov.uk or by ringing 029 2038 0801.		

Section 4: Details of Shareholders

- > The details we hold on your company's shareholders and their shareholdings are printed below. These are based on your last Annual Return.
- > If any details have changed, or if any shares have been transferred, please fill in the details in the "Amended details" or "Shares transferred" column.
- > Please give details of any other shareholders in Section 5.

Current details		Amended details		Shares transferred		
> Shareholder Name ANSOLL ESTATES LTD		Name 		Microfiche copy attached		
Address Hillside House 2-6 Friern Park North Finchley London N12 9BY		Address 				
UK Postcode _ _ _ _ _		UK Postcode _ _ _ _ _				
Shares held Class Ordinary B		Shares held Class 		Shares transferred by ANSOLL ESTATES LTD		
Number 731500		Number 		Class Number Date of transfer 		
> Shareholder Name Mr M.W. BALFOUR		Name 		Microfiche copy attached		
Address 1 Belvedere House 6 Mckinley Road Bournemouth Dorset BH4 8AQ		Address 				
UK Postcode _ _ _ _ _		UK Postcode _ _ _ _ _				
Shares held Class Ordinary A		Shares held Class 		Shares transferred by Mr M.W. BALFOUR		
Number 1097250		Number 		Class Number Date of transfer 		
> Shareholder Name S. CHURCH		Name 		Microfiche copy attached		
Address Roundwood Michelever Hants SO9 3RA		Address 				
UK Postcode _ _ _ _ _		UK Postcode _ _ _ _ _				
Shares held Class Ordinary C		Shares held Class 		Shares transferred by S. CHURCH		
Number 829000		Number 		Class Number Date of transfer 		

Current details		Amended details		Shares transferred		
> Shareholder Name S. WARE-LANE		Name 		<i>Microfiche copy attached</i>		
Address Roundwood Michelever Hants SO9 3RA		Address 				
Shares held Class Ordinary C		UK Postcode _ _ _ _ _ Shares held Class Ordinary C		Shares transferred by S. WARE-LANE		
Number 829000		Number 		Class Number Date of transfer _____ _____ __/__/____ _____ _____ __/__/____		
> Shareholder Name C.D.J. PEARCE		Name 		<i>Microfiche copy attached.</i>		
Address Pinecroft 25 The Barton Cobham Surrey KT11 2NJ		Address 				
Shares held Class Ordinary A		UK Postcode _ _ _ _ _ Shares held Class Ordinary A		Shares transferred by C.D.J. PEARCE		
Number 1097250		Number 		Class Number Date of transfer _____ _____ __/__/____ _____ _____ __/__/____		

Section 5: Details of Other Shareholders

- > Please fill in details of any persons or corporate bodies who are shareholders of the company at the date of this return, but whose details are not printed in Section 4.
- > Also, provide the details of any persons who became but have ceased to be shareholders of the company since the date of the last annual return.
- > For jointly held shares please list those joint shareholders consecutively on the form. If a joint shareholder also holds shares in their own right, list that holding separately.
- > Please copy this page if there is not enough space to enter all the company's other shareholders.

Shareholders details	Class and number of shares or amount of stock held	Class and number of shares or amount of stock transferred (If appropriate)	Date of registration of transfer (If appropriate)
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _			



Companies House

— for the record —

363s Annual Return Declaration

- > When you have checked all the sections of this form, please complete this page and tick and sign the declaration below.
- > If you want to change the made up date of this annual return, please complete 2 below.

1. Declaration

- ☒ I confirm that the details in this annual return are correct as at the made-up-date (shown at 2 below). I enclose the filing fee of £15.

Signature

Radad
(Director / Secretary)

Date

11/07/2000

*This date must not be earlier than the
return date at 2 below*

What to do now

Please detach and retain the covering letter, complete this page then send the whole of the Annual Return and the declaration to the address shown at 4 below.

2. Date of this return

- ☒ This AR is made up to **29/6/2000** If you are making this return up to an earlier date, please give the date here

— / — / — — —

Note: The form must be delivered to CH within 28 days of this date

3. Date of next return

- ☐ If you wish to change your next return to a date earlier than **29th June 2001** please give the new date here:

— / — / — — —

4. Where to send this form

- ☐ Please return this form to:
Registrar of Companies
Companies House
Crown Way
Cardiff CF14 3UZ

Have you enclosed the filing fee with the company number written on the reverse of the cheque?

Cheque



Postal Order



Cheque / Postal Order

Number

3034

(Please complete as appropriate)

Contact Address

Please give the name and address of the person who should be contacted if there are any queries about this form.

Contact Name

Mrs S. CADD

Telephone number inc code

01202 845124

Address

FTMRS FIRST PC
58 FLEETS LANE
POOLE

DX number if applicable

DX exchange

Postcode

BH15 3BT.

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FORM ML8

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BULK LIST OF SHAREHOLDERS OR MEMBERS

A BULK LIST OF SHAREHOLDERS OR MEMBERS FOR THIS COMPANY HAS BEEN LODGED BUT DOES NOT APPEAR ON THIS ANNUAL RETURN MICROFICHE.

IF YOU WISH TO SEARCH THE LIST, PLEASE ENQUIRE AT THE SEARCH CONTROL COUNTER.

COMPANY NUMBER 3075946.