RP04

Second filing of a document previously delivered



What this form is for

You can only use this form to file a second filing of a document delivered under the Companies Act 2006 on or after 1 October 2009 that held inaccuracies

A second filing of a document must only be filed where it is providing corrected information that has been properly delivered but inaccuracies still appear on the register

What this form is NOT for You cannot use this form to a second filing of a documer delivered under the Compan 1985 regardless of when it

delivered

A second filing of a docume cannot be filed where it is o information that was origina properly delivered Form RPC be used in these circumstant

For further information, please



A12

09/04/2016

COMPANIES HOUSE

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22/03/2016

COMPANIES HOUSE

#17

Company details

Company number

Company name in full

LIMITED

Filling in this form

Please complete in typescript or in bold black capitals

All fields are mandatory unless specified or indicated by *

Description of the original document

Document type •

AROI - ANNUAL

RETUEN

⊕ Description of the original document

Please enter the document type (e.g. a Return of allotment of shares-SH01) and any distinguishing information if more than one document of that type was filed on the same day

Date of registration of d the original document

mo 3

2016

Applicable documents

This form only applies to the following forms

AP01 Appointment of director

AP02 Appointment of corporate director

AP03 Appointment of secretary

AP04 Appointment of corporate secretary

CH01 Change of director's details

Change of corporate director's details CH02

CH03 Change of secretary's details

Change of corporate secretary's details CH04

TM01 Termination of appointment of director

TM02 Termination of appointment of secretary

SH01 Return of allotment of shares

AR01 Annual Return 🗸

Section 243 Exemption[®]

If you are applying for, or have been granted, exemption under section 243 of the Companies Act 2006 and the document(s) you are updating contain(s) your usual residential address, please post this form along with the updated document(s) to the address below

The Registrar of Companies, PO BOX 4082, Cardiff, CF14 3WE

If you are currently in the process of applying for or have been granted a Section 243 exemption, you may wish to check that you have not entered your usual residential address as the service address in the accompanying form (e.g. AP01 or CH01)

CHFP000 04/11 Version 1 0

RP04

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Presenter information

You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record.

Contact name	18. SUSAN LADD.
Company name	FLEWS LANG LTD
Address	58, FLEETS LAWE
Post town	POOLE
County/Region	DORSET
Postcode	BHISBI
Country	UK
DX	
Telephone	01202 845906

✓ Checklist

We may return forms completed incorrectly or with information missing

Please make sure you have remembered the following

- The company name and number match the information held on the public Register
- You can only use this form to file a second filing of a document delivered to the Registrar of Companies under the Companies Act 2006 on or after 1 October 2009 that held inaccuracies
- If you are updating a document where you have previously paid a fee, do not send a fee along with this form
- You have enclosed the second filed document(s)
- If the company to which this document relates has signed up to the PROOF (PROtected Online Filing) scheme, you must also deliver with this form, and the second filed document(s), a PRO3 form 'Consent for paper filing'

Important information

Please note that all information on this form will appear on the public record

✓ Where to send

You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below

For companies registered in England and Wales
The Registrar of Companies, Companies House,
Crown Way, Cardiff, Wales, CF14 3UZ
DX 33050 Cardiff

For companies registered in Scotland
The Registrar of Companies, Companies House,
Fourth floor, Edinburgh Quay 2,
139 Fountainbridge, Edinburgh, Scotland, EH3 9FF
DX ED235 Edinburgh 1
or LP - 4 Edinburgh 2 (Legal Post)

For companies registered in Northern Ireland The Registrar of Companies, Companies House, Second Floor, The Linenhall, 32-38 Linenhall Street, Belfast, Northern Ireland, BT2 8BG DX 481 N R Belfast 1

Section 243 exemption

If you are applying for or have been granted a section 243 exemption, please post this whole form to the different postal address below The Registrar of Companies, PO Box 4082, Cardiff, CF14 3WE

i Further information

For further information, please see the guidance notes on the website at www.companieshouse.gov.uk or email enquiries@companieshouse.gov.uk

This form is available in an alternative format. Please visit the forms page on the website at www.companieshouse.gov.uk

In accordance with Section 854 of the Companies Act 2006

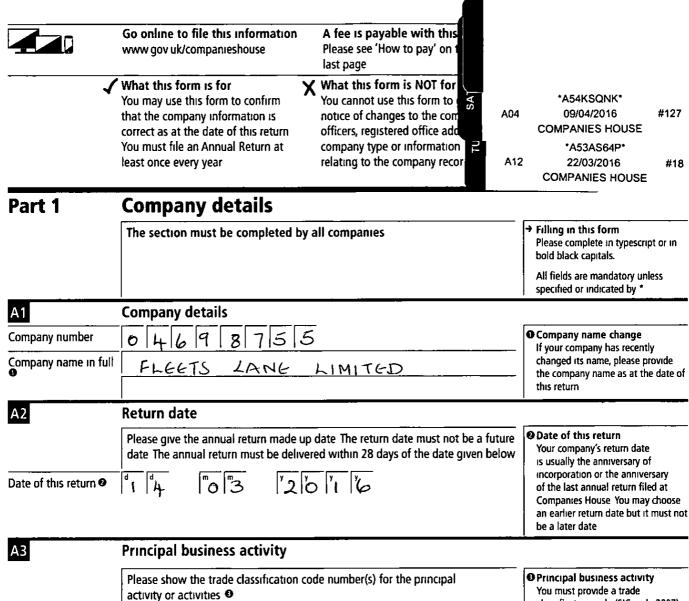
AR01 2015

Annual Return



#127

#18



classification code (SIC code 2007) 0 900 or a description of your company's Classification code 1 main business in this section Classification code 2 A full list of the trade classification codes are available on our website Classification code 3 www.gov.uk/companieshouse Classification code 4 If you cannot determine a code, please give a brief description of your business activity below Principal activity description

A4	Company type •	
	Please confirm your company type by ticking the appropriate box below (only one box must be ticked) Public limited company Private company limited by shares Private company limited by guarantee Private company limited by shares exempt under section 60 Private company limited by guarantee exempt under section 60 Private unlimited company with share capital Private unlimited company without share capital	● Company type If you are unsure of your company type, please check your latest certificate of incorporation or our website www.gov.uk/companieshouse
A5	Registered office address ®	
Building name/number	58	◆ Change of registered office This must agree with the address
Street	FLEETS LANE	that is held on the Companies House record at the date of this return If the registered office address has
Post town	POOLE	changed, you should complete form
County/Region	DOESET	AD01 and submit it together with this annual return
Postcode	BH15 3 BT	
	Single alternative inspection location (SAIL) of the company records (if applicable) •	
Building name/number		SAIL address
Street		This must agree with the address that is held on the Companies House record at the date of this return
Post town		If the address has changed, you should complete form ADO2 and submit it together with this annual
County/Region		return
Postcode		
A7	Location of company records •	
	Please tick the appropriate box to indicate which records are kept at the SAIL address in Section A6 Register of members Register of directors	O Location of company records If the company records are held at the registered office address, do not tick any of the boxes in this section
	Directors' service contracts	Certain records must be kept by every company while other records are only kept by certain company types where appropriate
	Directors' indemnities Register of secretaries. Records of resolutions etc Contracts relating to purchase of own shares Documents relating to redemption or purchase of own share out of	If the records are not kept at the SAIL address, they must be available at the registered office
	capital by private company Register of debenture holders Report to members of outcome of investigation by public company into interests in its shares	If any of the company records have moved from the registered office to the address in Section A6 since the last annual return, you must complete form AD03 and submit it
	Register of interests in shares disclosed to public company Instruments creating charges and register of charges England and Wales or Northern Ireland Instruments creating charges and register of charges Scotland	together with this annual return

Part 2 Officers of the company

This section should include details of the company as at the made up date of this annual return. All details must agree with those previously notified to Companies House.

Corporate officers

- → For a corporate secretary, go to Section B1
- → For a corporate director, go to Section C1

Individual officers

- → For a secretary who is an individual, go to Section D1
- → For a director who is an individual, go to Section E1 and also complete Part 3

New appointments

You cannot use this form to appoint new officers to the company. To do this, please complete the appropriate form and submit it together with this annual return.

- AP01 for directors who are individuals
- AP02 for a corporate director
- AP03 for secretaries who are individuals
- AP04 for a corporate secretary

Change to officer details

You cannot use this form to change any officer details. To do this, please complete the appropriate form and submit it together with this annual return

- · CH01 for changes to details of directors who are individuals
- CH02 for changes to details of a corporate director
- · CH03 for changes to details of secretary who are individuals
- CH04 for changes to details of a corporate secretary

Continuation pages Please use a continuation page if you need to enter more officer details.

Secretary		
D1	Secretary's details [©]	
	Please use this section for individual secretaries of the company For a corporate secretary, complete Section 81-84	O Secretary appointments You may not use this form to appoint a secretary To do this,
Title*	MRS	please complete form APO3 and submit it together with this annual
Full forename(s)	SUSAN ANNE	return
Surname	CADD	Corporate details Please use Section B1-B4 to enter corporate secretary details
Former name(s) •		Secretary details All details must agree with those previously notified to Companies House If you have made changes since the last annual return and have not notified us, please complete form CH03
		● Former name(s) Please provide any previous names (including maiden or married names) which have been used for business purposes during the period of this return
		Continuation pages Please use a continuation page if you need to enter more officer details.
D2	Secretary's service address ®	
Building name/numb	er "THE COMPANIES REGISTERED	Service address If you have previously notified
Street Post town	OFFICE"	Companies House that the service address is at 'The Company's Registered Office', please state 'The Company's Registered Office' in the address
County/Region		This information will appear on the
Postcode		public record
Country		

Director		
E1	Director's details ⁰	
	Please use this section to list individual directors of the company For a corporate director, complete Section C1-C4	O Director appointments You cannot use this form to appoint a director To do this, please
Title*	MR	complete form APO1 and submit it together with this annual return
Full forename(s)	JUSTIN ANDREW	Corporate details Please use Section C1-C4 to enter
Surname	BICKLE	corporate director details.
Former name(s) 2		Director details All details must agree with those previously notified to Companies
Country/State of residence	UK	House If you have made changes since the last annual return and have not notified us, please complete form CH01
Nationality	BEITISH	Promer name(s)
Month/year of birth Business occupation (if any)	X X 0 1 1 1 4 7 1	Please provide any previous names (including maiden or married names) which have been used for business purposes during the period of this return
		Month and year of birth Please provide month and year only Provide full date of birth in Part 3 only
		Continuation pages Please use a continuation page if you need to enter more officer details.
E2	Director's service address o	<u>.</u>
Building name/number	27	Service address If you have previously notified
Street	KNIGHTSBRIDGE	Companies House that the service address is at 'The Company's Registered Office', please state 'The Company's Registered Office' in the
Post town	LONDON	address
County/Region		This information will appear on the public record
Postcode	SWIX 7 LY	'
Country	ENGLAND	

C1		
E1	Director's details •	
	Please use this section to list individual directors of the company For a corporate director, complete Section C1-C4	◆ Director appointments You cannot use this form to appoint a director To do this, please
Title*	MR	complete form APO1 and submit it together with this annual return
Full forename(s)	PAUL RICHARD	Corporate details Please use Section C1-C4 to enter
Surname	STEVENS	corporate director details
Former name(s)		Director details All details must agree with those previously notified to Companies
Country/State of residence	UK	House If you have made changes since the last annual return and have not notified us, please complete form CH01
Nationality	BRITISH	② Former name(s)
Month/year of birth® Business occupation (if any)	X X 6 1 1 9 4 6	Please provide any previous names (including maiden or married names which have been used for business purposes during the period of this return
		Month and year of birth Please provide month and year only Provide full date of birth in Part 3 only
		Continuation pages Please use a continuation page if you need to enter more officer details.
E2	Director's service address®	
Building name/number	THE COMPANY'S REGISTERED	Service address If you have previously notified
Street	OFFICE"	Companies House that the service address is at 'The Company's Registered Office', please state 'The
Post town		Company's Registered Office' in the address
County/Region		This information will appear on the public record
		F
Postcode		

Director

E1	Director's details •	
	Please use this section to list individual directors of the company For a corporate director, complete Section C1-C4	O Director appointments You cannot use this form to appoint a director To do this, please
Title*	MR	complete form APO1 and submit it together with this annual return
Full forename(s)	JOHN MICHAEL	Corporate details Please use Section C1-C4 to enter
Surname	WARTIG	corporate director details
Former name(s) •	J	Director details All details must agree with those previously notified to Companies House If you have made changes
Country/State of residence	UK	since the last annual return and have not notified us, please complete form CH01
Nationality	AUSTRALIAN V V V	② Former name(s)
Month/year of birth Business occupation (if any)	X X 70 9 11956	Please provide any previous names (including maiden or married names) which have been used for business purposes during the period of this return
		● Month and year of birth Please provide month and year only Provide full date of birth in Part 3 only
		Continuation pages Please use a continuation page If you need to enter more officer details
E2	Director's service address [©]	
Building name/number	"THE COMPANY'S REGISTERED	Service address If you have previously notified
Street	OFFICE"	Companies House that the service address is at 'The Company's Registered Office', please state 'The
Post town		Company's Registered Office' in the address
County/Region		This information will appear on the public record
Postcode		
Country		

Part 4	Does your company have share capital? • This should reflect the com					
					tatus at the made up date of	
F1	Share capital i	n pound sterling (£)	= -	-	
		each class of shares he complete Section F1	ld in pound sterling and then go to Section F4			
Class of shares (E g Ordinary/Preference etc)	Amount paid up on each share 9	Amount (If any) unpaid on each share ②	Number of shar	es 🛭	Aggregate nominal value 4
ORDINARY	'A'	10 01			200	£ 2
ORDINAR	ý	tı		11,664	591	£ 11,664,597
					-	£
			Totals	11,664	797	£ 11,664,599
F2	Share capital i	n other currencies			•	-
Please complete the ta Please complete a sep		any class of shares held currency	l in other currencies			
Currency						
Class of shares (E g Ordinary/Preference etc		Amount paid up on each share	Amount (if any) unpaid on each share	Number of shar	res Ø	Aggregate nominal value 4
						<u> </u>
		<u> </u>	Totals			
Currency						
Class of shares (E g Ordinary/Preference etc	:)	Amount paid up on each share	Amount (If any) unpaid on each share	Number of shares Aggregate nominal		Aggregate nominal value 🗨
			Totals			<u> </u>
F3	Totals					
	Please give the to issued share capit		d total aggregate nominal	value of	Please li	gregate nominal value st total aggregate values in
Total number of shares					example	currencies separately For £100 + €100 + \$10 etc
Total aggregate nominal value 🍑						
 Including both the noming share premium Total number of issued s 		Number of shares issue nominal value of each	share Ple	ntinuation Pagi ase use a Statem ge if necessary		al continuation
3.a	are or in any title					

F4	Statement of capital (Voting rights)			
_	Please give the prescribed particulars of rights attached to shares for each class of share shown in the statement of capital share tables in Sections F1 and F2			
Class of share	ORDINARY 'A'			
Voting rights	ONE VOTE PER SHARE			
Class of share	ANDINA PV			
Voting rights	ORDINARY ONE VOTE PER SHARE.			
Class of share				
Voting rights				
Class of share				
Voting rights				

Part 5	Shareholders				
	Does your company have share capital? → Yes go to Section G1 'Companies with share capital' → No Go to Part 6 (Signature)				
G1	Companies with share capital	· <u>-</u>			
Question 1	Were any of the company's shares admitted to trading on a market at any time during this return period? Please tick the appropriate box below No go to Section G2 'Past and present shareholders' Yes go to Question 2	A market is one established under the rules of a UK recognised investment exchange or any other regulated markets in or outside of the UK, or any other market outside			
Question 2	Please only refer to Question 2 below if you have answered 'Yes' to Question 1 If you answered 'No', please go to Section G2 'Past and present shareholders'	of the UK The current UK recognize investment exchanges and regulate markets can be found at www.fsa.gov.uk/register/exchanges.d			
	Did the company, throughout the return period, have any shares admitted to trading on a relevant market and was it, throughout the return period, an issuer to which DTR5 applies? Please tick the appropriate box below	DTR5 refers to the Vote Holder and Issuer Notification Rules contained in Chapter 5 of the Disclosure and Transparency Rules source book issued by the Financial Services Authority Notification is required			
	No go to Section G4 'Shareholders who hold at least 5% of any class of shares of the company as at the made up date of the return' Yes go to Part 6 'Signature'	when the percentage acquisition of a shareholder in the company has reached a certain threshold (starting at 3%)			
G2	List of past and present shareholders ©				
	The company is required to provide a full list of past and present shareholders if one was not included with either of the last two returns. Please tick the appropriate box below There were no shareholder changes in this period. Go to Part 6 (Signature) A full list of shareholders is enclosed A list of shareholder changes is enclosed	This section only applies to companies answering 'No' in Section G1			
	How is the list of shareholders enclosed. Please tick the appropriate box below. The list of shareholders is enclosed on paper. Go to Section G3. 'List of				
	past and present shareholders' The list of shareholders is enclosed in another format. Go to Part 6 (Signature)				

G3

List of past and present shareholders o

Changes during this period to shareholders' particulars or details of the amount of stock or shares transferred must be completed each year

You must provide a 'full list' of all company shareholders on

- The company's first annual return following incorporation,
- Every third annual return after a full list has been provided
- Please list the company shareholders in alphabetical order

Joint shareholders should be listed consecutively

Further shareholders Please use a 'List of past and present shareholders' continuation page if necessary

This section only applies to companies answering 'No' to Question 1 in Section G1

			·	
·		Shares or stock currently held	Shares or stock transferred (if appropriate)	
Shareholder's Name (Address not required)	Class of share	Number of shares or amount of stock	Number of shares or amount of stock	Date of registration of transfer
FITNESS FIRST				1 1
HOLDINGS LTD	ORDINARY A	200		
FITNESS FIRST HULDINGS LTD	BPREF (NB CON	IVECTED TO	11,66 587	10 / 6 / 2015.
1001110	BPREF (NB CON ORD	s)	1.500	1 1
FITNESS FIRST HOLDINGS	LTD OPDINARY	11,664,587		10 6 2015
LITNESS FIRST HOLDINGS		10		1 1
LTD	URDINE	10		1 1
				l l
				1 1
				1 1
				1 1
				, ,
			-	1 1
				1 1

G4

Shareholders who hold at least 5% of any class of share(s) of the company as at the made up date of this return

This section should show only the shareholders that hold at least 5% of any class of share(s) of the company at the date of this return

It should only be completed by companies that have answered 'Yes' to Question 1 in Section G1, and 'No' to Question 2 in Section G1

If there were no shareholders holding at least 5% of any class of share(s) at the date of this return, this section may be left blank

→ Go to Part 6 (Signature)

This section only applies to companies answering 'No' to Question 2 in Section G1

Please list the company shareholders in alphabetical order

Joint shareholders should be listed consecutively

Further shareholders

Please use a 'Shareholders who hold at least 5% of any class of share(s) of the company as at the made up date of this return' continuation page if necessary

Shares or stock currently held Number of shares or Shareholder's name Shareholder's address Class of share amount of stock

Part 6	Signature				
	This must be completed by all companies	Societas Europaea If the form is being filed on behalf			
	I am signing this form on behalf of the company	of a Societas Europaea (SE) please delete 'director' and insert details			
Signature	X Land	of which organ of the SE the person signing has membership			
	This form may be signed by Director 1 , Secretary, Person authorised 2 , Charity commission receiver and manager, CIC manager, Judicial factor	-			



Do not cover this barcode

Presenter information

You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form The contact information you give will be visible to searchers of the public record

Contact name MIES S. CADD
Company name FLEED LANE LIMITE
FLEED ANIC ATTIES
Address 58, FLEUS LANE
Post town POOLE
County/Region DOIZ 82T
Postcode BH153BT
Country
DX
01202 845906
01202 845906

✓ Checklist

We may return forms completed incorrectly or with information missing.

Please make sure you have remembered the following

- ☐ The company name and number match the information held on the public Register
- ☐ You have completed your principal business activity
- You have not used this form to make changes to the registered office address
- You have not used this form to make changes to secretary and director details
- You have provided the full date of birth for all individual directors in Part 3
- You have fully completed the Statement of capital (if applicable)
- You have signed the form
- ☐ You have enclosed the correct fee

Important information

Please note that all information on this form will appear on the public record

£ How to pay

A fee of £40 is payable to Companies House in respect of a paper Annual Return

Make cheques or postal orders payable to 'Companies House'

You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below

For companies registered in England and Wales The Registrar of Companies, Companies House, Crown Way, Cardiff, Wales, CF14 3UZ DX 33050 Cardiff

For companies registered in Scotland

The Registrar of Companies, Companies House, Fourth floor, Edinburgh Quay 2, 139 Fountainbridge, Edinburgh, Scotland, EH3 9FF DX ED235 Edinburgh 1 or LP - 4 Edinburgh 2 (Legal Post)

For companies registered in Northern Ireland The Registrar of Companies, Companies House, Second Floor, The Linenhall, 32-38 Linenhall Street, Belfast, Northern Ireland, BT2 8BG DX 481 N R Belfast 1

Further information

For further information, please see the guidance notes on the website at www gov uk/companieshouse or email enquiries@companieshouse gov uk

This form is available in an alternative format. Please visit the forms page on the website at www.gov.uk/companieshouse