



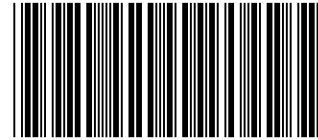
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Companies House
— for the record —

Annual Return

Company Name: LONDON & REGIONAL (HEALTH CLUBS NO.4) LIMITED

Company Number: 05768129



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Company Details

Period Ending: 04/04/2007

Company Type: PRIVATE COMPANY LIMITED BY SHARES

Principal Business Activities:

SIC Codes
7487

Registered Office:
Address:

Register of
Members Address:

Register of Debenture
Holders Address:

4TH FLOOR
ST ALPHAGE HOUSE
2 FORE STREET
LONDON
EC2Y 5DH

At Registered Office

Not Applicable

Details of Officers of the Company

Company Secretary:

Name: MR RICHARD NIGEL LUCK

Address: 4 HERSCHEL GRANGE
WARFIELD
BRACKNELL
BERKSHIRE RG42 6AT

Director 1:

Name: MR CHRISTOPHER KING
Date of Birth: 09/07/1966
Nationality: BRITISH
Occupation: COMPANY DIRECTOR

Address: 53 KINGS ROAD
RICHMOND
SURREY TW10 6EG

Director 2:

Name: **MR RICHARD NIGEL LUCK** *Address:* **4 HERSCHEL GRANGE
WARFIELD
BRACKNELL
BERKSHIRE RG42 6AT**
Date of Birth: **25/09/1960**
Nationality: **BRITISH**
Occupation: **COMPANY DIRECTOR**

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	2	GBP2.00
TOTALS	2	GBP2.00

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 04/04/2007, or that had ceased to be shareholders since the made up date of the previous Annual Return.

Shareholding 1:

2 ORDINARY Shares held as at 04/04/2007

Name: **NEXT GENERATION CLUBS LIMITED**

Address: **MOSQUITO WAY
HATFIELD BUSINESS PARK
HATFIELD
HERTFORDSHIRE AL10 9AX**

Shareholding 2:

0 ORDINARY Shares held as at 04/04/2007

2 Disposed of in period on 30/08/2006

Name: **PEREGRINE SECRETARIAL SERVICES LIMITED**

Address: **LEVEL 1
EXCHANGE HOUSE
PRIMROSE STREET
LONDON EC2A 2HS**

Authorisation

Authoriser Designation: **DIRECTOR** *Date Authorised:* **19/04/2007** *Authenticated:* **Yes (E/W)**