



Companies House
— for the record —

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Annual Return



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

Company Number: **05768129**

Company Details

Period Ending: **04/04/2009**

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:*

**QUADRANT HOUSE,
FLOOR 6 17 THOMAS
MORE STREET
THOMAS MORE SQUARE
LONDON
E1W 1YW**

Details of Officers of the Company

Company Secretary 1:

Name: **IAN MICHAEL BRIAN
HARRIS**

Address: **MEADOWSTEEP BERRY LANE
CHORLEYWOOD
HERTFORDSHIRE
WD3 5EY**

Director 1 :

Name: **NICHOLAS PAUL
BACKHOUSE**

Address: **30 CATHCART ROAD
LONDON
SW10 9NN**

Date of Birth: **25/04/1963** *Nationality:* **British**

Occupation: **CHIEF OPERATING OFFICER**

Director 2 :

Name: **PAUL GUYER**

Address: **WESTERN LODGE 33 HAVANT ROAD
EMSWORTH
HAMPSHIRE
PO10 7JD**

Date of Birth: **04/02/1966** *Nationality:* **British**

Occupation: **CHARTERED SURVEYOR**

Director 3 :

Name: **IAN MICHAEL BRIAN
HARRIS**

Address: **MEADOWSTEEP BERRY LANE
CHORLEYWOOD
HERTFORDSHIRE
WD3 5EY**

Date of Birth: **25/04/1962** *Nationality:* **British**

Occupation: **CHARTERED ACCOUNTANT**

Director 4 :

Name: **SCOTT ANTHONY LLOYD**

Address: **34 THORNTON ROAD
WIMBLEDON
LONDON
SW19 4NG**

Date of Birth: **30/04/1975** *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
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Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 04/04/2009 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 04/04/2009

Name:

NEXT GENERATION CLUBS LIMITED

Address:

Authorisation

Authoriser Designation: **director**

Date Authorised: **13/05/2009**

Authenticated: **Yes (E/W)**