



Companies House
— for the record —

AR01 (ef)

Annual Return



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Company Name: **LAROCHE HEALTH AND FITNESS LIMITED**

Company Number: **06311139**

Date of this return: **12/07/2011**

SIC codes: **9262**

Company Type: **Private company limited by shares**

Situation of Registered Office: **CROWN LANE GYM CROWN LANE
MAIDENHEAD
BERKSHIRE
UNITED KINGDOM
SL6 1QR**

Officers of the company

Company Secretary 1

Type: **Person**

Full forename(s): **MR NICHOLAS MARK**

Surname: **TROTT**

Former names:

Service Address recorded as Company's registered office

Company Director 1

Type: **Person**
Full forename(s): **MR NICHOLAS MARK**

Surname: **TROTT**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **ENGLAND**

Date of Birth: **21/12/1964** Nationality: **BRITISH**

Occupation: **CHARTERED ACCOUNTANT**

Company Director 2

Type: **Person**
Full forename(s): **MR DONALD ANTHONY**

Surname: **TUCKER**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **09/12/1954** Nationality: **BRITISH**

Occupation: **DIRECTOR**

Statement of Capital (Share Capital)

| | | | |
|--|-----------------|--------------------------------|----------|
| Class of shares | ORDINARY | <i>Number allotted</i> | 1 |
| | | <i>Aggregate nominal value</i> | 1 |
| <i>Currency</i> | GBP | <i>Amount paid per share</i> | 1 |
| | | <i>Amount unpaid per share</i> | 0 |
| <i>Prescribed particulars</i> | | | |
| FULL DISTRIBUTION AND VOTING RIGHTS | | | |

Statement of Capital (Totals)

| | | | |
|-----------------|------------|--------------------------------------|----------|
| <i>Currency</i> | GBP | <i>Total number of shares</i> | 1 |
| | | <i>Total aggregate nominal value</i> | 1 |

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 12/07/2011 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for a private or non-traded public company are shown below

Shareholding 1 : **1 ORDINARY shares held as at 2011-07-12**
Name: **LAROCHE LEISURE LIMITED**

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.