



COMPANIES HOUSE

363s 18  
48  
062867

## Annual Return

THE REGISTRAR OF COMPANIES  
COMPANIES HOUSE  
CROWN WAY  
CARDIFF  
CF4 3UZ



A01 \*A7XMSMT7\* 498  
COMPANIES HOUSE 29/06/96  
COMPANIES HOUSE 15/06/96

of company number 02723169

P

company name  
TELECOM 2000 LIMITED

company type  
PRIVATE COMPANY LIMITED BY SHARES

This form should be completed in black.

The information printed below is taken from Companies House records as at 25/05/96

If this information requires amendment use the spaces opposite.

### Date of this return (See note 1)

The information in this return should be made up to a date not later than

Day	Month	Year
16	06	96

If you are making the return up to an earlier date, show the date here. Please note that the form must be delivered to Companies House within 28 days of this earlier date.

Day	Month	Year

### Date of next return (See note 2)

If you wish to make your next return to a date earlier than the anniversary of this return please show the date here. Companies House will then send a form at the appropriate time.

Day	Month	Year

### Registered Office (See note 3)

This is the address registered by Companies House.

10 MINSTER INDUSTRIAL PARK  
WEST MOORS  
WIMBOURNE  
DORSET BH21 6QJ

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.....  
.....  
.....

### Principal business activities (See note 4)

Trade classification is  
7499 NON-TRADING COMPANY

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If the code cannot be determined from the notes, give a brief description of principal activity.

02723169

**Register of members** (See note 5)

The register is kept at

3 DUNKELD ROAD  
BOURNEMOUTH  
BH3 7EN

If the information shown needs amendment, give details below and, for secretary and director particulars, the date of any change.

**Register of debenture holders** (See note 6)

Any register of debenture holders (or duplicate) is kept at

**Company Secretary** (See note 7)

Particulars of a new secretary **must** be notified on form 288.

BRETT KENNETH ALAN  
SPENCER  
GLEN BROOK  
29 WOOD LANE  
BOURNEMOUTH  
DORSET BH11 9NG

Day Month Year

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Date of any change.

If this person has ceased to be secretary, please state when.

Day Month Year

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Date of resignation.

**Directors** (See note 7)

Particulars of a new director **must** be notified on form 288.

SANDRA JANE  
FRY  
50 HAWKER CLOSE  
MERLEY  
WIMBORNE  
DORSET BH21 1XW

Day Month Year

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Date of any change.

Date of Birth:- 30/08/59

Nat:BRITISH

Occ:PERSONAL ASSISTANT

If this person has ceased to be director, please state when.

Day Month Year

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Date of resignation.

Show any relevant current and previous directorships.

If the information shown needs amendment,  
give details below and the date of any change.

**Directors - continued**

Particulars.

BRETT KENNETH ALAN  
SPENCER  
GLEN BROOK  
29 WOOD LANE  
BOURNEMOUTH  
DORSET BH11 9NG

Day	Month	Year

Date of any change.

DATE OF BIRTH MUST BE SUPPLIED

Nat:BRITISH

Occ:SALES DIRECTOR

X 08.11.50.

If this person has ceased to be director, please  
state when.

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

Particulars.

Day	Month	Year

Date of any change.

NO MORE DIRECTORS - ADDITIONAL SECRETARIES  
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

If this person has ceased to be director, please  
state when.

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

Particulars.

Day	Month	Year

Date of any change.

NO MORE DIRECTORS - ADDITIONAL SECRETARIES  
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

If this person has ceased to be director, please  
state when.

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

**Issued Share Capital** (See note 8)

Enter details of all shares in issue at the date of this return.

Class (eg Ordinary/ Preference etc)	Number of shares issued	Aggregate nominal value (ie Number of shares issued multiplied by nominal value per share)
Ordinary	2	2
<b>Totals</b>	2	2

**List of past and present members**

(See note 9)

(Use attached schedule where appropriate)

Please mark the appropriate box.

A full list is required.

on paper      not on  
paper

A full list of members is enclosed

☒☐**Elective resolutions** (See note 10)

(Private companies only)

If an elective resolution is in force at the date of this return to dispense with annual general meetings, mark this box.

☐

If an elective resolution is in force at the date of this return to dispense with laying accounts in general meetings, mark this box.

☐**Certificate**

I certify that the information given in this return is true to the best of my knowledge and belief.

I enclose the fee of **£18.**

Cheques should be made payable  
to **Companies House.**

**Signed**Secretary/Director \*  
(delete as appropriate)

Date 16.6.96

This return includes 0 continuation sheets.  
(enter number)**Please ensure that you have completed  
all sections on this page.**

To whom should Companies House direct any  
enquiries about the information shown in this  
return?----->

Postcode

Telephone

Ext

## LIST OF PAST AND PRESENT MEMBERS

**SCHEDULE TO FORM 363**[illegible]

**Continued overleaf**

### LIST OF PAST AND PRESENT MEMBERS (continued)

**SCHEDULE TO FORM 363**[illegible]

**Abstract** The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 12 sedentary women, 40-50 years old, who were randomly selected from a health club. They were divided into two groups: a control group and an exercise group. The control group remained sedentary, while the exercise group performed a 12-week training program consisting of three sessions per week of 30 minutes of moderate-intensity aerobic exercise. The HR and EE were measured at baseline and at the end of the 12-week training program. The results showed that the exercise group had a significant decrease in HR and a significant increase in EE compared to the control group. The findings suggest that a 12-week training program can improve cardiovascular fitness and increase energy expenditure in sedentary, middle-aged women.