



Companies House

— for the record —

# 88(2)

## Return of Allotment of Shares

Please complete in typescript, or  
in bold black capitals.

CHFP000

Company Number

04588152

Company name in full

FITNESS FOR EVERYBODY

LIMITED

### Shares allotted (including bonus shares):

Date or period during which  
shares were allotted

(If shares were allotted on one date  
enter that date in the "from" box)

From

To

Day Month Year

Day Month Year

19 11 2002

Class of shares

(ordinary or preference etc)

ORDINARY

Number allotted

100

Nominal value of each share

21

Amount (if any) paid or due on each  
share (including any share premium)

21

List the names and addresses of the allottees and the number of shares allotted to each overleaf

If the allotted shares are fully or partly paid up otherwise than in cash please state:

% that each share is to be  
treated as paid up

100

Consideration for which  
the shares were allotted

(This information must be supported by  
the duly stamped contract or by the duly  
stamped particulars on Form 88(3) if the  
contract is not in writing)

CASH

When you have completed and signed the form send it to  
the Registrar of Companies at:

Companies House, Crown Way, Cardiff CF14 3UZ  
For companies registered in England and Wales

DX 33050 Cardiff

Companies House, 37 Castle Terrace, Edinburgh EH1 2EB  
For companies registered in Scotland

DX 235  
Edinburgh



A45  
COMPANIES HOUSE

0655  
03/01/03

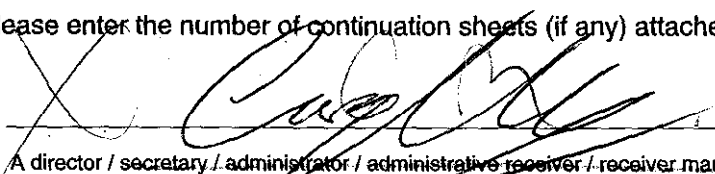
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**Names and addresses of the allottees** (List joint share allotments consecutively)

Shareholder details		Shares and share class allotted	
Name <u>MS S.M. DOWLING</u>		Class of shares allotted <u>ORDINARY</u>	Number allotted <u>50</u>
Address <u>F55.3 128 RICHMOND ROAD</u> <u>DOWLING HOUSE, SW11 8QQ</u>			
UK Postcode <u>      </u>			
Name <u>MS S.M. DOWLING</u>		Class of shares allotted <u>ORDINARY</u>	Number allotted <u>50</u>
Address <u>F55.3 128 RICHMOND ROAD</u> <u>DOWLING HOUSE, SW11 8QQ</u>			
UK Postcode <u>      </u>			
Name <u>      </u>		Class of shares allotted <u>      </u>	Number allotted <u>      </u>
Address <u>      </u>			
UK Postcode <u>      </u>			
Name <u>      </u>		Class of shares allotted <u>      </u>	Number allotted <u>      </u>
Address <u>      </u>			
UK Postcode <u>      </u>			
Name <u>      </u>		Class of shares allotted <u>      </u>	Number allotted <u>      </u>
Address <u>      </u>			
UK Postcode <u>      </u>			

Please enter the number of continuation sheets (if any) attached to this form

Signed



Date

30/11/02

A director / secretary / administrator / administrative receiver / receiver manager / receiver

Please delete as appropriate

Please give the name, address, telephone number and, if available, a DX number and Exchange of the person Companies House should contact if there is any query.

<u>Daniel</u>	
<u>      </u>	
<u>      </u>	
Tel <u>7144 1045</u>	
DX number <u>1405</u>	DX exchange <u>210752</u>