

Rule 4 34 - CVL

**The Insolvency Act 1986
Statement of Company's Affairs**

**Pursuant to section 95/99 of
the Insolvency Act 1986**

S95/99

For Official Use

To the Registrar of Companies

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Company Number

05000076

Name of Company

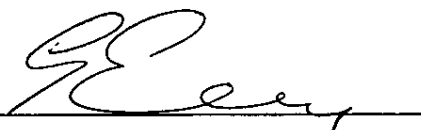
Optimal Life Fitness Limited

I / We
Georgina Marie Eason
New Bridge Street House
30 - 34 New Bridge Street
London
EC4V 6BJ

Michael Colin John Sanders
New Bridge Street House
30 - 34 New Bridge Street
London
EC4V 6BJ

the liquidator(s) of the above named company attach a statement of the company affairs
as at 24 January 2013

Signed



Date

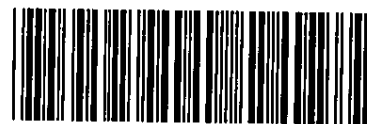
24 January 2013

MacIntyre Hudson LLP
New Bridge Street House
30 - 34 New Bridge Street
London
EC4V 6BJ

Ref CR100794/GME/MCJS/KB

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31/01/2013

#369

COMPANIES HOUSE

Statement of Affairs

Statement as to affairs of

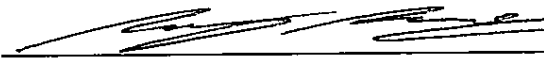
Optimal Life Fitness Limited

on the 24 January 2013 the date of the resolution for winding up

Statement of truth

I believe that the facts stated in this Statement of Affairs are true.

Full Name Thomas Reginald Matthews


Signed 

Dated 24.1.2013

Optimal Life Fitness Limited
Statement Of Affairs as at 24 January 2013

A - Summary of Assets

Assets	Book Value £	Estimated to Realise £
Assets subject to fixed charge:		
	NIL	NIL
HSBC Bank plc		(14,631 99)
Deficiency c/d		(14,631 99)
Assets subject to floating charge:		
Tangible Assets	8,591 00	NIL
Stock	8,690 00	NIL
Website and Training Manuals	NIL	3,000 00
Uncharged assets:		
Estimated total assets available for preferential creditors		3,000 00

Signature  Date 24 1 2013

Optimal Life Fitness Limited
Statement Of Affairs as at 24 January 2013

A1 - Summary of Liabilities

		Estimated to Realise £
Estimated total assets available for preferential creditors (Carried from Page A)		3,000 00
Liabilities		
Preferential Creditors -		NIL
Estimated deficiency/surplus as regards preferential creditors		3,000 00
Debts secured by floating charge pre 15 September 2003		
Other Pre 15 September 2003 Floating Charge Creditors		NIL
		3,000 00
Estimated prescribed part of net property where applicable (to carry forward)		NIL
Estimated total assets available for floating charge holders		3,000 00
Debts secured by floating charges post 15 September 2003		
Deficiency b/d	14,631 99	
		14,631 99
Estimated deficiency/surplus of assets after floating charges		(11,631 99)
Estimated prescribed part of net property where applicable (brought down)		NIL
Total assets available to unsecured creditors		NIL
Unsecured non-preferential claims (excluding any shortfall to floating charge holders)		
Trade & Expense Creditors	4,518 90	
HM Revenue and Customs	36,500 00	
Connected Company	62,000 00	
		103,018 90
Estimated deficiency/surplus as regards non-preferential creditors (excluding any shortfall in respect of F C's post 14 September 2003)		(103,018 90)
Shortfall in respect of F C's post 14 September 2003 (brought down)		11,631 99
Estimated deficiency/surplus as regards creditors		(114,650 89)
Issued and called up capital		
Ordinary Shareholders	80 00	
		80 00
Estimated total deficiency/surplus as regards members		(114,730 89)

Signature



Date 24 / 1 / 2013

MacIntyre Hudson LLP
Optimal Life Fitness Limited
B - Company Creditors

Key	Name	Address	£
C400	4COM	11 Enterprise Way, Aviation Park West, Christchurch, Dorset, BH23 6EW	456 00
CB00	BTS Training Limited	174 -176 Hither Green Lane, Lewisham, London, SE13 6QB	62,000 00
CB01	British Telecommunications	81 Newgate Street, London, EC1A 7AJ	120 00
CB02	Backuo Direct	On Direct, The Tramshed, Beehive Yard, Bath, BA1 5BB, UK	25 00
CD00	Daisy Communications Limited	2 Cophall Avenue, 4th Floor, London, Greater London	110 00
CE00	Escape Fitness Limited	Eastwood House, Cygnet Park, The Office Village, Hampton, Peterborough, Cambridgeshire, PE7 8FD	0 00
CF00	Fitpro	Kalbarr House, 107-113 London Road, London, E13 0DA	3,085 38
CH00	HM Revenue & Customs (CT)	Debt Management Enforcement & Insolvency, Durrington Bridge House, Barrington Road, Worthing, West Sussex, BN12 4SE	0 00
CH01	HM Revenue & Customs (PAYE)	Room BP3202, Benton Park View, Longbenton, Newcastle Upon Tyne, NE98 1ZZ	12,000 00
CH02	HM Revenue & Customs (VAT)	Insolvency Operations, VAT Central Unit, Queens Dock, Liverpool, L74 4AF	24,500 00
CH03	HSBC Bank plc	8 Canada Square, London, E14 5HQ	14,631 99
CH04	HSBC Bank plc	Fore Street, hexham, northumberland, NE46 1LY	0 00
CK00	Ketra Logistics Limited	1-3 Griffin Manor Way, London,, Greater London, SE28 0AA	95 02
CO00	O2	The O2, Peninsula Square, London, SE10 0DX	130 00
CP00	PT Academy	128 Commercial Road, PRAHRAN, VIC 3181	187 50
CS00	Sage	North Park, Newcastle Upon Tyne, NE13 9AA	100 00
CS01	Streamline	Streamline Merchant Services, PO Box 600, Central House, Otley Road, Harrogate, HG3 1XG	70 00
CT00	TMobile	Hatfield Business Park, Hatfield, AL10 9BW	140 00
RM00	Mr Thomas Matthews	Linnel Hill Cottage, Hexham, Northumberland, NE46 1TX	0 00
RR00	Mr Bernard Rule	Flat 7, 293 Green Lane, London, N4 2TU	0 00
20 Entries Totalling			117,650.89

Signature



MacIntyre Hudson LLP
Optimal Life Fitness Limited
C - Shareholders

Key	Name	Address	Pref	Ord	Other	Total
HR00	Mr Bernard Rule	Flat 7/293 Green Lanes, London, N4 2TU	0	40	0	40
HT00	Mr Thomas Matthews	183 Compass House, Smugglers Way, Wandsworth, London, SW18 1DG	0	40	0	40
2 Entries Totalling						80

Signature

