



Frederick Oliver Turok

904117440

Director Information

Title	Mr	Honours	
Name	Frederick Oliver Turok	Number	904117440
Postcode	RH5 6HJ	Address	1 Broome Hall Cold Harbour Surrey
Date of birth	February 1955	Nationality	South African
Total current directorships	1		

List of Current Directorships

Company Name	Number	Company Status	App. Date	Res. Date	Position
MOP PROJECT LATVIA (LW) LIMITED	FC026924	Active - Newly Incorporated	25/07/2006		Director

List of Previous Directorships

Company Name	Number	Company Status	App. Date	Res. Date	Position
TRANSFORMING A GENERATION	06592153	Company is dissolved	15/05/2008	27/05/2011	Director
MOP PROJECT LATVIA (PROPCO) LIMITED	05877006	Company is dissolved	14/07/2006		Director
AXIS (MAIDSTONE) LTD	03367162	Company is dissolved	28/02/2006	31/07/2006	Director
CROWN SPORTS LIMITED	02476401	Company is dissolved	28/02/2006	31/07/2006	Director
GREYSTONE LEISURE LIMITED	02117760	Company is dissolved	28/02/2006	31/07/2006	Director
BOOMSIGN LIMITED	02305174	Company is dissolved	28/02/2006	31/07/2006	Director
AXIS HEALTH & FITNESS LIMITED	02802122	Company is dissolved	28/02/2006	31/07/2006	Director
DRAGONS HEALTH CLUBS LIMITED	02215690	Company is dissolved	28/02/2006	31/07/2006	Director
DRAGONS (GATWICK) LIMITED	01387912	Company is dissolved	28/02/2006	31/07/2006	Director
LAMBOURNE GOLF CLUB LIMITED	02992261	Company is dissolved	28/02/2006	31/07/2006	Director
TRAINSTATION LIMITED	03381595	Company is dissolved	28/02/2006	31/07/2006	Director
AXIS (RUGBY) LTD	03573327	Company is dissolved	28/02/2006	31/07/2006	Director
MOP ACQUISITIONS (CS) LIMITED	FC026580	Other	17/02/2006	19/12/2008	Director
CRUNCH (PROPCO) LIMITED	05703579	Company is dissolved	09/02/2006	21/06/2006	Director
L.A. FITNESS (LUTON) LIMITED	03459814	Company is dissolved	08/07/2005	31/07/2006	Director
MOP ACQUISITIONS (LAF) LIMITED	05384582	Company is dissolved	28/04/2005	30/06/2014	Director
BROOME HALL RESIDENTS' ASSOCIATION LIMITED	01492394	Active - Accounts Filed	10/04/2001	27/09/2011	Director
L A HAIR & BEAUTY LIMITED	03503373	Company is dissolved	03/02/1998	31/07/2006	Director
L A FITNESS LIMITED	03224406	Non-Trading	02/09/1996	31/07/2006	Director
L.A. WESTMINSTER LIMITED	03238726	Non-Trading	16/08/1996	31/07/2006	Director
TR CONSTRUCTIONS AND MANAGEMENT LIMITED	03238722	Company is dissolved	16/08/1996	27/09/1996	Director



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L A FITNESS EMPLOYEE BENEFIT TRUST LIMITED	03229416	Company is dissolved	02/08/1996	31/07/2006	Director
CS LEISURE LIMITED	02357146	Non-Trading	29/05/1996	31/07/2006	Director
LA LEISURE LIMITED	01728962	Active - Accounts Filed	23/11/1994	31/07/2006	Director