

Please complete in typescript, or  
in bold black capitals.

CHFP036

# 288b

## Terminating appointment as director or secretary (NOT for appointment (use Form 288a) or change of particulars (use Form 288c))

Company Number

4965463

Company Name in full

PREMIER PERSONAL TRAINING  
SOLUTIONS LIMITED

Date of termination of appointment

Day Month Year  
17 11 2003

as director

☐

as secretary

☒

Please mark the appropriate box. If terminating  
appointment as a director and secretary mark  
both boxes.

NAME

\*Style / Title

\*Honours etc

Please insert  
details as  
previously  
notified to  
Companies House.

Forename(s)

SECRETARIAL APPOINTMENTS LIMITED

Surname

†Date of Birth

Day Month Year

A serving director, secretary etc must sign the form below.

Signed

*[Signature]*

Date

17-11-03

(\*~~serving director~~ / ~~secretary~~ / ~~administrator~~ / ~~administrative receiver~~ / ~~receiver manager~~ / ~~receiver~~)

FIRST CORPORATE LAW SERVICES LIMITED

16 CHURCHILL WAY, CARDIFF, CF10 2DX

Tel 029 2022 9080

DX number 121727

DX exchange CARDIFF 9

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

**Companies House, Crown Way, Cardiff, CF14 3UZ** DX 33050 Cardiff  
for companies registered in England and Wales or  
**Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB**  
for companies registered in Scotland DX 235 Edinburgh

\* Voluntary details.

† Directors only.

\*\* Delete as appropriate

Please give the name, address,  
telephone number and, if available,  
a DX number and Exchange of  
the person Companies House  
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