



Please complete in typescript,
or in bold black capitals.

288a

APPOINTMENT of director or secretary (NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

Company Number

2791820

Company Name in full

PROWING FLEXIBLE GROWTH PLC



F288A018

Date of appointment Day Month Year
14 04 98

Date of Birth Day Month Year
05 11 69

Appointment form Appointment as director

Notes on completion
appear on reverse.

NAME *Style / Title

☒ as secretary

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

*Honours etc

Forename(s)

SIMON DAVID

Surname

MANTELL

Previous
Forename(s)

Previous
Surname(s)

Usual residential
address

7 KUSON ROAD

Post town

WARFIELD

Postcode

RG42 2QX

County / Region

BERKSHIRE

Country

†Nationality

BRITISH

†Business occupation

ACCOUNTANT

†Other directorships
(additional space overleaf)

NONE

I consent to act as ** director / secretary of the above named company

Consent signature

Simon Mantell

Date

17/4/98

* Voluntary details.
† Directors only.

A director, secretary etc must sign the form below.

Signed

R. Teely

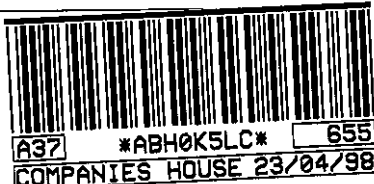
Date

14/4/98

** 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.

TRACY HOLLOWAY, PROWING PLC
FRAYS COURT, 71 COLLEY RD, UXBIDGE
MIDOX UB8 2AE Tel 01895 232223
DX number 45122 DX exchange UXBIDGE



A37 *ABH0K5LC* 655
COMPANIES HOUSE 23/04/98

Form revised March 1995

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

Companies House, Crown Way, Cardiff, CF4 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

Company Number

† Directors only.

† Other directorships

NOTES

Show the full forenames, NOT INITIALS. If the director or secretary is a corporation or Scottish firm, show the name on surname line and registered or principal office on the usual residential line.

Give previous forenames or surname(s) except:

- for a married woman, the name by which she was known before marriage need not be given.
- for names not used since the age of 18 or for at least 20 years

A peer or individual known by a title may state the title instead of or in addition to the forenames and surname and need not give the name by which that person was known before he or she adopted the title or succeeded to it.

Other directorships.

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

- dormant
- a parent company which wholly owned the company making the return, or
- another wholly owned subsidiary of the same parent company.