



Companies House

— for the record —

Please complete in typescript,
or in bold black capitals.

CHFP000

288b

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

Company Number

4588152

Company Name in full

FITNESS FOR EVERYBODY
LIMITED

Date of termination of appointment

Day Month Year
12 11 2002

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)

COMPANY DIRECTORS LIMITED

Surname

†Date of Birth

Day Month Year

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

Signed


FOR AND ON BEHALF OF COMPANY DIRECTORS LIMITED

Date

12/11/02

* Voluntary details.

† Directors only.

** Delete as appropriate

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

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.

A1 COMPANY SERVICES LTD

788-790 FINCHLEY ROAD

LONDON NW11 7UR

TEL. 0181-458 9637

FAX. 0181-905 5593

DX number

DX exchange

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 2ER

Th.



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COMPANIES HOUSE

31/12/02