

COMPANIES HOUSE

Change of director or secretary or change of particulars. This form should be completed in black.

Company number

Company name

NSTANT	MUSCLE	1,00,000
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Appointment

(Turn over page for resignation and change of particulars).

Date of appointment

Appointment of director

Appointment of secretary

Name

*Style/title

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 address line.

Give previous forenames or surname

- for a married woman the name 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.

Forenames

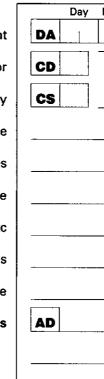
Surname

*Honours etc

Previous forenames

Previous surname

Usual residential address



Post town

County/region

Postcode

Date of birth[†]

Business occupation[†]

Other directorships[†]

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 5 years. Exclude a company which either is, or at all times during the past 5 years when the person was a director, was

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

Consent signature

	Day	Month	Year	1	
DA	1		LL_		
00		7	D.	1.1	t
CD		>	Please:	mark the approp intment is as a d	riate box. irector and secretary
CS			mark b	oth boxes.	rector una secretary
	_	_			
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AD					
					
				_	
			Co	untry	
DO		1	1	Nationality [†]	NA
		L	<u> </u>	ivationality	IVA
OC					
Longe	nt to a	rt ae r	lirecto	r/secretary of t	he above named company
1001130	a	ol as C	in eciti	i zacoi etai y Ui t	не авоче натней сотграту
Signed	l				Date
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[†]Directors only *Voluntary details

AXFHRF7G COMPANIES HOUSE 29/09/95

Resignation	.				
(This includes any	Date of resignation etc	DR 2 6 0 9 9 5			
form of ceasing to					
hold office e.g. death or removal from office).	Resignation etc, as secretary	If resignation etc is as a director and secretary mark both boxes.			
nom omce _j .	Forenames	DAVID CORBET			
	Surname	RANDALL			
	Date of birth (directors only)	DO 119 019 311			
If cessation is other	than resignation, please state reason (eg death)				
	iculars (this section is not for appointments	·····			
or resignations).	Date of change of particulars	DC			
Complete this section in all cases where	Change of particulars, as director	Please mark the appropriate box. If change of particulars is as a director and secretary			
particulars of a serving director/	Change of particulars, as secretary	zs mark both boxes.			
secretary, have changed and then the	Forenames (name previously)				
appropriate section below.	Surname _ Companies House)				
velow.	Date of birth (directors only)	DO			
Change of name ((enter new name) Forenames	NN			
	Surname				
Change of your la		AD			
Change of usual re	esidential address (enter new address)				
	Post town				
	County/region				
	Postcode	Country			
Other change	(please specify)				
		A serving director, secretary etc must sign the form below.			
	Signature	Signed Date 27/9/5 (by-a serving director/secretary/administrator/administrative receiver/receiver). (Delete as appropriate)			
After signing pleas	e return the form	Companies House, Crown Way, Cardiff CF4 3UZ			
to the Registrar of		for companies registered in England and Wales Companies House, 100-102 George Street, Edinburgh EH2 3DJ for companies registered in Scotland.			
	Companies House direct any	(ALL WINSLADE			
enquiries about the	e information on this form?	SPRINGSIDE HOUSE 84 NORTH END ROAD			

NATURA

Tel: 0171, 603, 2604