



COMPANIES HOUSE

# 288

## Change of director or secretary or change of particulars.

This form should be completed in black.

Company number

CN 1789716

Company name

INSTANT MUSCLE LIMITED

### Appointment

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

Date of appointment

Appointment of director

Appointment of secretary

Name

\*Style/title

Forenames

Surname

\*Honours etc

Previous forenames

Previous surname

Usual residential address

Post town

County/region

Postcode

Date of birth<sup>†</sup>

Business occupation<sup>†</sup>

Other directorships<sup>†</sup>

### 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 except:

- 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.



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COMPANIES HOUSE 29/09/95

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

\*Voluntary details <sup>†</sup>Directors only

Day Month Year

DA

CD

CS

Please mark the appropriate box.

If appointment is as a director and secretary mark both boxes.

AD

DO

Nationality<sup>†</sup> NA

OC

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

Signed

Date

A serving director etc must also sign the form overleaf.

## Resignation

(This includes any form of ceasing to hold office e.g. death or removal from office).

Date of resignation etc

Resignation etc, as director

Resignation etc, as secretary

Forenames

Surname

Date of birth (directors only)

If cessation is other than resignation, please state reason  
(eg death)

**Change of particulars** (this section is not for appointments or resignations).

Complete this section in all cases where particulars of a serving director/secretary, have changed and then the appropriate section below.

Date of change of particulars

Change of particulars, as director

Change of particulars, as secretary

Forenames

Surname

(name previously notified to Companies House)

Date of birth (directors only)

**Change of name** (enter new name)

Forenames

Surname

**Change of usual residential address** (enter new address)

Post town

County/region

Postcode

**Other change**

(please specify)

DR 260995

XD ☒

XS ☐

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

DAVID CORBET

RANDALL

DO 190931

DC

ZD ☐

ZS ☐

Please mark the appropriate box.  
If change of particulars is as a director and secretary mark both boxes.

DO

NN

AD

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

**Signature**

Signed

Date

27/9/95

(by a serving director/secretary/administrator/  
administrative receiver/receiver). (Delete as appropriate)

After signing please return the form to the Registrar of Companies at

or

To whom should Companies House direct any enquiries about the information on this form?

**Companies House, Crown Way, Cardiff CF4 3UZ**

for companies registered in England and Wales

**Companies House, 100-102 George Street, Edinburgh EH2 3DJ**

for companies registered in Scotland.

ALL WINSLADE  
SPRINGSIDE House  
84 NORTH END ROAD  
LONDON

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