



COMPANIES HOUSE

288

Please complete in black using
typescript or block lettering

Change of director or secretary or change of particulars.

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[†]

Business occupation[†]

Other directorships[†]

Consent signature

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.

Day Month Year

DA 01 10 95

CD

CS

☒

Please mark the appropriate box.

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

MR

PAUL

WINSLADE

ACMA

/

/

AD 34 MALMESBURY ROAD

MORDEN

SURREY

SM4 6HD Country UK

DO 21 02 52

Nationality[†]

NA

BRITISH

OC

ACCOUNTANT

/

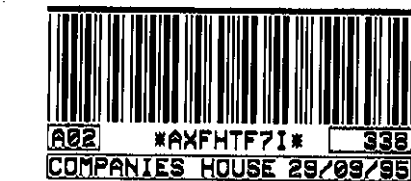
I consent to act as director/secretary of the above named company

Signed

Paul Winslade

Date

19/9/95



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.

*Voluntary details

[†]Directors only

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 30 09 95

XD

XS

✓

Please mark the appropriate box.

If resignation etc is as a director and secretary mark both boxes.

ARNOLD BENNETT

MACNAB

DO 23 08 25

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

29/9/95

(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

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.

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

PAUL WINSLADE

SPRINGSIDE HOUSE 84 NORTH END RD

LONDON

TEL: (014) 955

0171. 603. 2604