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COMPANIES FORM No. 287

Notice of change in situation of registered office

287

Please do not
write in
this margin

Pursuant to section 287 of the Companies Act 1985
as substituted by section 136 of the Companies Act 1989

Please complete
legibly, preferably
in black type, or
bold block lettering

To the Registrar of Companies
(Address overleaf)

Company number

1789716

Name of company

* INSTANT MUSCLE LIMITED

* insert full name
of company

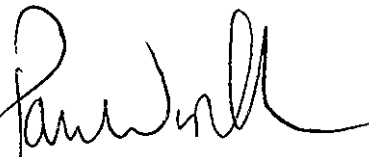
gives notice of a change in the situation of the registered office of the company to:

SPRINGSIDE HOUSE
84 NORTH END ROAD
LONDON

Postcode W14 9ES

† Insert
Director,
Secretary,
Administrator,
Administrative
Receiver or
Receiver
(Scotland) as
appropriate

Signed



Designation†

COMPANY
SECRETARY

Date

1/11/96

Presentor's name address
telephone number and reference (if any):

PAUL WINKLADE
INSTANT MUSCLE LTD
SPRINGSIDE HOUSE
84 NORTH END ROAD
LONDON
1.11.96. OKP

For official use
D.E.B.

Post room

