



Please complete in typescript,
or in bold black capitals.

288a

APPOINTMENT of director or secretary (NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

Company Number

01789716

Company Name in full

INSTANT MUSCLE LIMITED



F288A018

Date of appointment Day Month Year
22 05 96

†Date of Birth Day Month Year
21 3 '44

Appointment form

Appointment as director



as secretary



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

NAME

*Style / Title

MS

*Honours etc

Notes on completion
appear on reverse.

Forename(s)

CHARLOTTE

Surname

BOAITEY

Previous
Forename(s)

Previous
Surname(s)

Usual residential
address

29 MEL ROSE GARDENS

Post town

EDGWARE

Postcode

HA8 5LN

County / Region

MIDDLESEX

Country

GHANA

†Nationality

Ghanaian

†Business occupation

Barrister

†Other directorships
(additional space overleaf)

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

Consent signature

C. S. Boaitay

Date

1-8-96

* Voluntary details.

† Directors only.

A director, secretary etc must sign the form below.

Signed

Paul Winslade

Date

27-8-96

** Please delete as appropriate

(** ~~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.

PAUL WINSLADE, INSTANT MUSCLE LIMITED
SPRINGSIDE HOUSE, 84 NORTH END ROAD
LONDON W14 9ES Tel 0171 603 2604
DX number DX exchange



A18 *AYSS7015* 104
COMPANIES HOUSE 29/08/96

Form revised March 1995

When you have completed and signed the form please send it to the
Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF4 3UZ DX 33050 Cardiff
for companies registered in England and Wales or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB

for companies registered in Scotland

DX 235 Edinburgh

Company Number

† Directors only.

† Other directorships

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 line.

Give previous forenames or surname(s) except:

- for a married woman, the name by which she was known 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 and need not give the name by which that person was known before he or she adopted the title or preceded to it.

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 five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

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