

Rule 4.120-CVL  
4.122-CVL  
4.143  
4 144

The Insolvency Act 1986  
Notice of Ceasing to Act as  
Voluntary Liquidator

# R.4.120-CVL

To the Registrar of Companies

For Official Use

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Company Number

01789716

(a) Insert full name of company

Name of Company  
Instant Muscle Limited

(b) Insert full name(s) and address(es)

I (b) Anthony Cliff Spicer  
formerly of Smith & Williamson LLP  
25 Moorgate,  
London,  
EC2R 6AY

(c) Insert Date

give notice that I ceased to hold office as voluntary liquidator of the above company on  
(c) 22 February 2016

(d) Insert Reason

for the following reason  
(d) Removal from office by an order made on 15 February 2016 by District Judge Exton sitting in the Companies Court, Chancery Division in the High Court of Justice Bristol District Registry (Court No 6 of 2016) pursuant to an application for a block transfer of insolvency appointments on the grounds of my retirement

Signed



Date

01/03/16

Henry Anthony Shinnars signed under a power of attorney

Presenter's name, address and reference (if any)

Henry Anthony Shinnars  
IN322/HAS/MCF/LC  
Smith & Williamson Limited  
25 Moorgate  
London  
EC2R 6AY

SATURDAY



\*A55087MA\*  
A07 16/04/2016 #187  
COMPANIES HOUSE  
--- \*A51Y6N7M\*  
A09 03/03/2016 #201  
COMPANIES HOUSE

THU

THIS POWER OF ATTORNEY made the 16<sup>th</sup> day of APRIL 2015  
by ANTHONY CLIFF SPICER (hereinafter called "the Principal") of Smith &  
Williamson LLP, 25 Moorgate, London EC2R 6AY

WITNESSETH as follows -

(1) Appointment of Attorneys

By this Power of Attorney the Principal hereby appoints NICHOLAS JAMES ELLIOTT, FINBARR THOMAS O'CONNELL, GREGORY ANDREW PALFREY and HENRY ANTHONY SHINNERS (together the "Attorneys" and each an "Attorney") jointly or severally to be the lawful attorneys of the Principal in his name and on his behalf and as his act and deed or otherwise:

- (i) to do anything which he can lawfully do as administrator, receiver, administrative receiver, receiver and manager, examiner, liquidator, trustee in bankruptcy or nominee or supervisor in relation to a voluntary arrangement whether sole or joint of any and all bodies corporate, individuals, properties or assets in relation to which it is proposed that he should hold any such office;
- (ii) to express his willingness to act as and accept on his behalf any appointment as administrator, receiver, administrative receiver, receiver and manager, examiner, liquidator, trustee in bankruptcy or nominee or supervisor in relation to a voluntary arrangement whether sole or joint; and
- (iii) generally to execute or sign any deed or document including without limitation any bank mandate or cheque which may be required and to do any other act matter or thing which the Attorney or Attorneys in his or their absolute discretion consider necessary, desirable or expedient for carrying out any of the purposes or acts hereby authorised in the same manner and as fully and effectually in all respects as the Principal could have done if personally present

(2) Construction of Powers

- (i) The powers of the Attorneys set out in Clause 1 shall not be restrictively construed but the widest interpretation shall be given thereto and they shall not be in any way limited to or restricted by reference to or inference from any other power or powers set out in such Clause or part thereof. None of the paragraphs of the said Clause or the power or powers therein specified shall be deemed subsidiary or ancillary to the power or powers mentioned in any other paragraph.
- (ii) All actions authorised by this Power of Attorney may be taken by any of the Attorneys. Any and all acts done, decisions made and instruments or other documents executed pursuant to this Power of Attorney by any of the Attorneys shall therefore be as valid and effectual as though done by all of the Attorneys.

(3) Ratification

The Principal hereby undertakes to ratify everything which the Attorney or Attorneys shall do or purport to do by virtue of this Power of Attorney and to keep the Attorney or Attorneys indemnified against all losses, liabilities, damages, costs, claims or expenses that the Attorney or Attorneys may suffer as a result.

(4) Validity

The Principal declares that a person who deals with any of the Attorneys in good faith may accept a written statement signed by any such Attorney to the effect that this Power of Attorney has not been revoked as conclusive evidence of that fact.

(5) Irrevocability

This Power of Attorney shall be effective immediately and shall be irrevocable for one year from the date hereof.

I be given  
it, not be

(6) Captions

The captions to the Clauses of this Power of Attorney are inserted for convenience of reference only and shall not affect the construction or interpretation thereof

(7) Governing Law

This Power of Attorney shall in all respects be governed by and construed in accordance with the laws of England

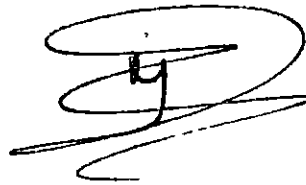
SIGNED and DELIVERED as a Deed )  
By ANTHONY CLIFF SPICER )  
in the presence of:- )

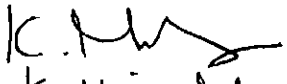


Signature   
Full names Kirstie Way

Address 25 Moorgate  
London  
EC2R 6AY

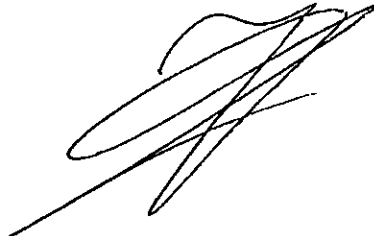
SIGNED and DELIVERED as a Deed )  
by NICHOLAS JAMES ELLIOTT )  
in the presence of:- )



Signature   
Full names Kellie Mahoney

Address 25 Moorgate  
London  
EC2R 6AY.

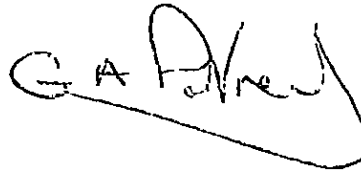
SIGNED and DELIVERED as a Deed )  
By FINBARR THOMAS O'CONNELL )  
In the presence of:- )



Signature   
Full names Kirstie Way

Address 25 Moorgate  
London  
EC2R 6AY

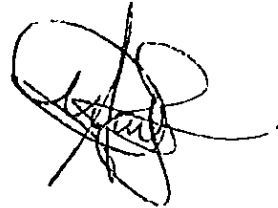
SIGNED and DELIVERED as a Deed )  
By GREGORY ANDREW PALFREY )  
in the presence of:- )



Signature   
Full names CATHERINE WOODHOUSE

Address 117/113/114/115/116  
1/3-21 VICTORIA PARK (L20)  
SOUTHAMPTON  
SO15 2AT

SIGNED and DELIVERED as a Deed )  
by HENRY ANTHONY SHINNERS )  
in the presence of:- )



Signature   
Full names KIRSTIE WAY

Address 25 MORGATE  
LONDON  
EC2R 6AY

DATED 16<sup>TH</sup> APRIL 2015

POWER OF ATTORNEY