



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

**R**

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>

Consent signature

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

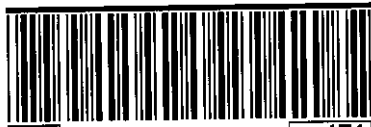
### NOTES

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 27/05/95

### 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 <sup>†</sup>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 } (name previously notified to Companies House)  
Surname }

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 23 05 95

XD ☒

XS ☐

Please mark the appropriate box.

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

NICOLETTE VIVIAN

PAWSON

DO 08 05 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

26/5/95

(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?

ARNOLD MACNAB

84 NORTH END ROAD

LONDON W14 9ES

Tel: 0171 603 2604