



C O M P A N I E S H O U S E

Please complete in typescript,
or in bold black capitals.

288b

RESIGNATION of director or secretary (NOT for appointment (use Form 288a) or change of particulars (use Form 288c))

Company Number

01789716

Company Name in full

INSTANT MUSCLE LIMITED



F288B019

Resignation form

Date of resignation

Day Month Year

18 10 96

Resignation as director



as secretary



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

NAME

*Style / Title

*Honours etc

Please insert
details as
previously
notified to
Companies House.

Forename(s)

RICHARD HENRY

Surname

AMIS

†Date of Birth

Day Month Year

04 05 32

If cessation is other than
resignation, please state reason

A serving director, secretary etc must sign the form below.

Signed

Paul Winslade

Date

31/10/96

(by a serving director / secretary / administrator / administrative receiver / receiver manager / receiver)

* Voluntary details.
† Directors only.

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	Tel 0171 603 2604
W14 9ES	
DX number	DX exchange

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



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COMPANIES HOUSE 02/11/96