



OYEZ

288a

APPOINTMENT of Director or Secretary (NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

Please complete in
typescript, or in
bold black capitals.

Company Number

1816173

Company Name in full

LIFECYCLE LIMITED



F288AC10

Date of
appointment

Day Month Year

31 10 97

†Date of birth

Day Month Year

17 06 64

Appointment as director



as secretary



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

Appointment Form

Notes on completion
appear on reverse.

NAME *Style/Title

MR.

*Honours etc.

Forename(s)

PETER HOWARD

Surname

ALDIS

Previous
Forename(s)

Previous
Surname(s)

Usual residential address

172 COLESHILL ROAD, CHAPEL END

Post town

NUNEATON

Postcode

CV10 0PF

County/Region

WARWICKSHIRE

Country

ENGLAND

*Voluntary details.
† Directors only.

†Nationality

IRISH

†Business occupation

DIRECTOR

†Other directorships
(additional space overleaf)

‡ Please delete
as appropriate.

Consent signature

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

Date

17.11.97

A director, secretary etc must sign the form below

Signed

[Signature]

Date

17.11.97

(† = 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.

HOLLAND & BARRETT RETAIL LIMITED, SAMUEL

RYDER HOUSE, TOWNSEND DRIVE, NUNEATON,

CV11 6XW

Tel 01203-244400

DX number

DX exchange



A05 *A5N731B0* 254
COMPANIES HOUSE 20/11/97

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

Companies House, Crown Way, Cardiff, CF4 3UZ

for companies registered in England and Wales

DX 33050 Cardiff

or

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

for companies registered in Scotland

DX 235 Edinburgh

Company Number

1816173

†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 succeeded 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.