

288a

Please complete in typescript,
or in bold black capitals.

APPOINTMENT of director or secretary

(NOT for resignation (use form 288b) or change of particulars (use form 288c))

Company Number

2357146

Company Name in full

L. A. FITNESS PLC



* F 2 8 8 A G 5 0 *

Date of appointment Day Month Year
02/09/96

† Date of Birth Day Month Year
18/12/64

Appointment form Appointment as director ☒ as secretary ☐

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

Notes on completion appear on reverse.

NAME * Style / Title

MR

* Honours etc

Forename(s)

JEREMY GUY

Surname

TAYLOR

Previous Forename(s)

Previous Surname(s)

Usual residential address

1 TRISSIE COTTAGES, MILLERS LANE

Post town

OUTWOOD

Postcode

RH1 5QB

County / Region

SURREY

Country

GREAT BRITAIN

† Nationality

BRITISH

† Business occupation

DIRECTOR

† Other directorships (additional space overleaf)

See next sheet

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

Consent signature

Date 02/09/1996

* Voluntary details

† Directors only

Signed

A director, secretary etc must sign the form below.

Date 02/09/1996

** Please delete as appropriate

(** a 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.

WILDER COE

235 OLD MARYLBONE ROAD

LONDON

NW1 5QT

Tel

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
for companies registered in England and Wales or
Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB
for companies registered in Scotland

DX 33050 Cardiff

DX 235 Edinburgh



KLO *KUKQB00Z* 294
COMPANIES HOUSE 10/9/96

Company Number

2357146

† Directors only

† Other directorships

L.A. KINGSTON LIMITED
L.A. WESTMINSTER LIMITED

L.A. (GOLDERS GREEN) LIMITED

C.S. LEISURE LIMITED

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.