

BLUEPRINT Company Secretary

288a

APPOINTMENT of director or secretary

Companies House, Crown Way, Cardiff, CF14 3UZ DX 33050 Cardiff

DX 235 Edinburgh

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

for companies registered in England and Wales

for companies registered in Scotland

Please complete in typescript, or in bold black capitals.		(NOT for resignation (use Form 288b) or change of particulars (use Form 288c))				
CHFP055	Company Number	2460325				
Company Name in full		Middlesex Cable Limited				
		Day Month Year Day Month Year				
	Date of appointment	1 8 0 8 2 0 0 0 0 †Date of Birth 0 6 0 4 1 9 6 0				
	Appointment as director	✓ as secretary Please mark the appropriate box. If appointment is as a director and secretary mark both boxes.				
Appointment form	NAME *Style / Title	*Honours etc				
Notes on completion	Forename(s)	Stephen Sands				
Notes on completion appear on reverse.	Surname	Cook				
	Previous Forename(s)					
	Previous					
	Surname					
	Usual residential address	Rossburn Farmhouse				
	addiooo	Rossburn Lane				
	Post town	Blair Drummond Postcode FK9 4AH				
	County / Region	Country Scotland				
	† Nationality	British †Business Solicitor occupation				
	† Other directorships					
	(additional space overleaf)	I consent to act as ** director / secretary of the above named company				
Consent Signature		Date				
* Voluntary details.		A director, secretary etc must sign the form below.				
† Directors only. ** Please delete as appropr		C Bur Date				
Discours discours	χ	(**a director / secretary / administrator / administrative reseiver / reseiver manager / receiver) C Peace				
Please give the nan telephone number a a DX number and E the person Compan contact if there is ar	and, if available, exchange of nies House should	Telewest Communications Genesis Business Park Albert Drive Woking Surrey GU21 5RW Tel: 01483 295275				
		When you have completed and signed the form please send it to the Registrar of Companies at:				

Form revised July 1998

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COMPANIES HOUSE

0280

25/09/00

Company Number		2460325				
† Directors only.	† Other directorships	C Alease	see attached	contraction	sheets)	
	•					
the director or secr Scottish firm, show	ames, NOT INITIALS. If etary is a corporation or the name on surname or principal office on the e.					
except: - for a married which she was	names or surname(s) woman, the name by s known before marriage					
need not be g - for names not or for at least	used since the age of 18					
state the title instea the forenames and not give the name t	known by a title may d of or in addition to surname and need by which that person ne or she adopted the					
itle or succeeded t						
person concerned	•	: L	· <u> </u>			
or at all times duri	a company which either is, ng the past five years when ned was a director, was					
the company ma - another wholly or	y which wholly owned king the return, or wned subsidiary of the					
same parent con	npany.					
		:				

Middleseix Cable Limited: 2460325

Stephen Sands Cook List of Directorships

Current Directorships Company Name

Avon Cable Investments Limited

Bluevonder Limited

Cable Adnet Limited

Cable Camden Limited

Cable Communications (Telecom) Limited

Cable Communications Limited

Cable Enfield Limited

Cable Hackney & Islington Limited

Cable Haringey Limited

Cable Interactive Limited

Cable Internet Limited

Cable London Limited

Cable on Demand Limited

Central Cable Sales Limited

Crystal Palace Radio Limited

Crystalvision Productions Limited

Southwestern Bell International Holdings Limited

Telewest Communications plc

Telewest Communications (Central Lancashire) Limited

Telewest Communications (Cotswolds) Limited

Telewest Communications (Fylde & Wyre) Limited

Telewest Communications (Internet) Limited

Telewest Communications (Liverpool) Limited

Telewest Communications (London South) Limited

Telewest Communications (Midlands and North West) Limited

Telewest Communications (Midlands) Limited

Telewest Communications (Nominees) Limited

Telewest Communications (North East) Limited

Telewest Communications (North West) Limited

Telewest Communications (South East) Limited

Telewest Communications (South Thames Estuary) Limited

Telewest Communications (South West) Limited

Telewest Communications (Southport) Limited

Telewest Communications (St Helens & Knowsley) Limited

Telewest Communications (Taunton & Bridgwater) Limited

Telewest Communications (Telford) Limited

Telewest Communications (Tyneside) Limited

Telewest Communications (Wigan) Limited

Telewest Communications (Worcester) Limited

Telewest Communications Cable Limited

Telewest Communications Group Limited

Telewest Communications Holdco Limited

Telewest Communications Holdings Limited

Telewest Communications Networks Limited

Telewest Communications Services Limited

Telewest Parliamentary Holdings Limited

Telewest Communications (Publications) Ltd

Telewest Share Trust Limited

Telewest Trustees Limited

The Cable Equipment Store Limited

The North London Channel Limited

Theseus No.1 Limited

Theseus No.2 Limited

Capital City Cablevision Limited

Telewest Communications (Scotland Holdings) Limited

Telewest Communications (Scotland) Limited

Telewest Communications (Motherwell) Limited

Telewest Communications (Cumbernauld) Limited

Telewest Communications (Dumbarton) Limited

Telewest Communications (East Lothian and Fife) Limited

Telewest Communications (Falkirk) Limited

Dundee Cable and Satellite Limited

Edinburgh Cablevision Limited

Hieronymous Limited

Perth Cable Television Limited

Telewest Communications (Dundee & Perth) Limited

Telewest Communications (Glenrothes) Limited

General Cable Ltd

General Cable Group Limited

General Cable Holdings Limited

General Cable Investments Limited

General Cable Programming Limited

Telewest Limited

The Yorkshire Cable Group Limited

Barnsley Cable Communications Limited

Bradford Cable Communications Limited

Doncaster Cable Communications Limited

Halifax Cable Communications Limited

Rotherham Cable Communications Limited

Sheffield Cable Communications Limited

Wakefield Cable Communications Limited

Yorkshire Cable Communications Limited

Yorkshire Cable Properties Limited

Yorkshire Cable Telecom Limited

Yorkshire Cable Limited

Yorkshire Cable Finance Limited

Mayfair Way Management Limited

Northern Credit Limited

The Cable Corporation Limited

The Cable Corporation Equipment Limited

European Business Network Limited

Middlesex Cable Limited

Windsor Television Limited

Chariot Collection Services Limited

Filegale Limited

Imminus Limited

Fastrak Limited

Birmingham Cable Corporation Limited

Birmingham Cable Limited

Central Cable Limited

Central Cable Holdings Limited

Central Cable Sales Limited

Lewis Reed Debt Recovery Limited

West Midlands Credit Limited

Flextech plc

Flextech Family Channel Limited

Bravo TV Limited

Flextech Business News Limited

Flextech Media Holdings Limited

Flextech (Kindernet Investment) Limited

Flextech IVS Limited

Flextech Rights Limited

Flextech Video Games Limited

Flextech Distribution Limited

Flextech Digital Broadcasting Limited

Flextech Communications Limited

Flextech Childrens Channel Limited

Flextech (1992) Limited Screenshop Limited United Artists Investments Limited **UK Living Limited** TVS Television Limited Telso Communications Limited Starstream Limited Maidstone Studios Limited Maidstone Broadcasting Florida Homeshopping Limited Flextech-Flexinvest Limited Flextech Television Limited Flextech Homeshopping Limited Flextech Living Well Limited Flextech Living Health Limited Flextech Interactive Limited Flextech (Travel Channel) Limited The Way Ahead Group Limited Minotaur International Limited Multi Media Mapping Limited Scottish Media Group PLC SMG plc

Past Directorships (held within last 5 years)

Flextech Communications Limited (resigned 5/ 6/91)
Flextech Satellite Investments Limited (resigned 15/10/99)
Marcbrand Limited (resigned 3/12/99)
TV Travel Shop Limited (resigned 3/12/99)
M D Secretaries Limited (resigned 22/12/97)
M D Directors Limited (resigned 22/12/97)
Multi Media Mapping Limited (resigned 3/12/99)

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