

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.

CHFP055	Company Number	2885920							
Co	mpany Name in full	General Cal	ole Invest	ments L	imited				-
		Day Month Year			Day	Month	Year		
	Date of appointment	1 8 0 1		0 0	†Date of Birth	0 6	0 4	1 9 6	0
	Appointment as director	Please mark the appropriate box. If appoint is as a director and secretary mark both both							
Appointment form	NAME *Style / Title	*Honours etc							
	Forename(s)	Stephen Sa	nds						
Notes on completion appear on reverse.	Surname	Cook							
	Previous Forename(s)	<u></u>							
	Previous Surname								
	Usual residential address	Rossburn Farmhouse							
	Rossburn Lane								
	Blair Drummond Postcode FK9 4AH								
				= Count	ry Scotla	and			
	British		1 -	Business occupation	Solicit	or			
† Other directorships (additional space overleaf) Consent Signature									
		I consent to act	as ** directo	r / secreta	y of the abo	ve named	company		
			\leq			Dat	e _ (8/8/00	
* Voluntary details. † Directors only.	Ciamad	A director, se	cretary etc	must si	gn the fon	1	. [1 1 .	
** Please delete as appropri	ate. Signed	(**a director / secr	etary / ad minis	trator / odmi	nistrative rece	Dat		1 0	
Please give the name telephone number a a DX number and E the person Companiontact if there is an	nd, if available, xchange of ies House should	C Peace Telewest Com Genesis Busin Albert Drive Woking Surrey GU21 Tel: 01483 298	munications less Park						
	When you ha	•		signed the	e form plo	ease se	end it to the		

COMPANIES HOUSE Form revised July 1998

01/09/00

Companies House, Crown Way, Cardiff, CF14 3UZ DX 33050 Cardiff for companies registered in England and Wales

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB for companies registered in Scotland DX 235 Edinburgh

Stephen Sands Cook List of Directorships

Current Directorships Company Name

Avon Cable Investments Limited

Blueyonder 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 pic

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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