



Companies House
— for the record —

288a

Please complete in typescript,
or in bold black capitals.

CHFP000

APPOINTMENT of director or secretary (NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

Company Number

3207791

Company Name in full

FITNESS FIRST CUBS LTD.

Date of
appointment

Day Month Year
16 05 2005

†Date of
Birth

Day Month Year
1 2 02 19 67

Appointment form Appointment as director ☒ as secretary ☐

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

NAME

*Style / Title

MR

*Honours etc

Notes on completion
appear on reverse.

Forename(s)

CRAIG

Surname

TALBERG

Previous
Forename(s)

—

Previous
Surname(s)

—

†† Tick this box if the
address shown is a
service address for
the beneficiary of a
Confidentiality Order
granted under the
provisions of section
723B of the
Companies Act 1985

†† Usual residential
address

☐

Post town

BUSHEY

Postcode

W023 1PE.

County / Region

HERTS

Country

ENGLAND.

†Nationality

SOUTH AFRICAN

†Business occupation

OPERATIONS DIRECTOR

†Other directorships
(additional space overleaf)

Consent signature

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

*

Date

2. MAY. 05.

* Voluntary details.

† Directors only.

**Delete as appropriate

A director, secretary etc must sign the form below.

Signed

Hand.

Date

16.5.05

(**a director / secretary / administrator / administrative receiver / receiver manager / receiver)

You do not have to give any contact
information in the box opposite but if you
do, it will help Companies House to
contact you if there is a query on the
form. The contact information that you
give will be visible to searchers of the
public record..

SAM BONES, FITNESS FIRST LTD, 58 FLEETS

LANE, WILLIS WAY, POOLE, DORSET.

BH15 3BT

Tel 01202 845948.

DX number

DX exchange

de
large

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

Companies House, Crown Way, Cardiff, CF14 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



A54
COMPANIES HOUSE

0649
21/05/05

Form April 2002

Company Number

† 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.