



Companies House

for the record

Please complete in typescript,  
or in bold black capitals.

CHWP000

# 288b

**Terminating appointment as director or secretary  
(NOT for appointment (use Form 288a) or change  
of particulars (use Form 288c))**

Company Number

3207791

Company Name in full

FITNESS FIRST CLUBS LTD

Date of termination of appointment

Day	Month	Year
31	11	2005

as director



as secretary



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

NAME

\*Style / Title

MR

\*Honours etc

Please insert

details as

previously

notified to

Companies House.

Forename(s)

JAMES EDWARD

Surname

MCGOLDRICK

†Date of Birth

Day	Month	Year
13	04	1959

A serving director, secretary etc must sign the form below.

Signed

Lucad

Date

3/1/06

\* Voluntary details.

† Directors only.

\*\* Delete as appropriate

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.

(\*\* serving director / secretary / administrator / administrative receiver / receiver manager / receiver)

806 LADD FITNESS FIRST

58 FLEET LANE, POOLE

BH15 3BT Tel 01202 845906

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, 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  
or LP - 4 Edinburgh



A20  
COMPANIES HOUSE

\*AW67CBT1\*

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05/01/2006