



Companies House

— for the record —

Please complete in typescript,
or in bold black capitals.

CHFP000

288a

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 WBS LTD.

Date of
appointment

Day Month Year
1 6 05 2 0 0 5

†Date of
Birth

Day Month Year
2 8 0 3 1 9 7 2

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)

ANTHONY

Surname

COWEN

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

STONE

Postcode

ST15 8ZF

County / Region

STAFFORDSHIRE

Country

ENGLAND

†Nationality

BRITISH

†Business occupation

OPERATIONS DIRECTOR

†Other directorships
(additional space overleaf)

Consent signature

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

*A/COWEN

Date

16.5.05

A director, secretary etc must sign the form below.

Signed

David

Date

16.5.05

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

SAM BOYES, FITNESS FIRST LTD, 58 FLEETS

LANE, WILLIS WAY, POOLE, DORSET,

BH15 3BT

Tel 01202 845948

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



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.