

Please complete in typescript,
or in bold black capitals.

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

Company Number

331 9706

Company Name in full

ADAMS HEALTH CARE LIMITED



Resignation form

Date of resignation

Day	Month	Year
24	9	99

Resignation as director



as secretary



Please mark the appropriate box. If resignation
is 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)

DAVID GEORGE

Surname

MARTIN

†Date of Birth

Day	Month	Year
4	1	50

If cessation is other than
resignation, please state reason

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

Signed

David Martin

Date

5 Nov 1999

* Voluntary details.

† Directors only.

(by a serving director / secretary / administrator / administrative receiver / receiver manager / receiver)

Please give the name, address,
telephone number and, if available,
a DX number and Exchange of
the person Companies House should
contact if there is any query.

A.D. LONGSTAFFE, ADAMS HEALTHCARE	
KTD, LOTHEATON WAY, GARFORTH, LEEDS	
LS25 2JY	Tel 0113 232 0066
DX number	DX exchange

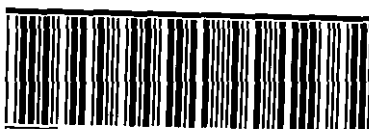
When you have completed and signed the form please send it to the
Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF4 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



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COMPANIES HOUSE 25/11/99