



COMPANIES HOUSE

Please complete in typescript,
or in bold black capitals.

288b

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

Company Number

3332131

Company Name in full

BODY-SOLID (UK) LIMITED



F288B019

Resignation form

Date of resignation

Day Month Year

12 3 97

Resignation as director

☐

as secretary

☒

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

NAME *Style / Title

*Honours etc

Please insert
details as
previously
notified to
Companies House.

Forename(s)

Surname

ALEX COMPANY SERVICES LTD.

Day Month Year

†Date of Birth

If cessation is other than
resignation, please state reason

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

Signed

Date

12/3/97.

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

* Voluntary details.
† Directors only.

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.

| | |
|-----------|-------------|
| | |
| | |
| Tel | |
| 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 17/03/97