



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

3381595

Company Name in full

TRAINSTATION LIMITED

Date of termination of appointment

Day	Month	Year
3	1	0
7	2	0
	0	6

as director



as secretary



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

NAME

*Style / Title

*Honours etc

Please insert
details as
previously
notified to
Companies House.

Forename(s)

RICHARD

Surname

TAYLOR

†Date of Birth

Day	Month	Year
2	0	0
2	1	9
	5	8

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

Signed

MR G R TAYLOR

Date

4/8/06

* 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)

MR G R TAYLOR, COMPANY SECRETARY, LA FITNESS LIMITED,

101 COMMERCIAL ROAD, LONDON, E1 1RD

Tel 020 73668073

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

or 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



Form revised 10/03