



**Companies House**  
for the record

Please complete in typescript,  
or in bold black capitals.

# 288a

## APPOINTMENT of director or secretary (NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

CHWP000

**Company Number** 03381595

**Company Name in full** TRAINSTATION LIMITED

**Date of appointment**

Day Month Year  
3 1 0 7 2 0 0 6

**†Date of Birth**

Day Month Year

### Appointment form

Appointment as director

as secretary



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

**NAME** \*Style / Title

\*Honours etc

Notes on completion appear on reverse.

**Forename(s)** GRAHAM RICHARD

**Surname** TAYLOR

**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**

14 ROUPELL STREET

LONDON

**Postcode** SE1 8SP

**County / Region**

**Country** ENGLAND

**†Nationality**

BRITISH

**†Business occupation**

†Other directorships (additional space overleaf)

**Consent signature**

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

\* Voluntary details.

† Directors only.

\*\*Delete as appropriate

GRT  
X

**Date**

X 4/8/06

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

**Signed**

DIRECTOR  
X

**Date**

X 7/5/06

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

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 p

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

101 COMMERCIAL ROAD, LONDON E11RD

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  
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 2

A41  
COMPANIES HOUSE



416  
09/08/2006

**Company Number** 03381595

† 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.