



Companies House

— for the record —

Please complete in typescript,
or in bold black capitals.

CHFP000

288b

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

Company Number

3636143

Company Name in full

NO. 1 GYM CLUB LIMITED

Date of termination of appointment

Day		Month		Year	
3	0	0	4	2	0
					2

as director

☒

as secretary

☐

Please mark the appropriate box. If terminating
appointment 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)

FRANK

Surname

GUYMER

†Date of Birth

Day		Month		Year	

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

Signed

KB Steeds

Date

30.04.2002

* Voluntary details.

† Directors only.

** Delete as appropriate

(** 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.

CANNINGS CONNOLLY HILLGATE HOUSE 26 OLD BAILEY

LONDON EC4M 7HQ

Tel 020 7329 9000

DX number 50 DX exchange LDE

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



A29
COMPANIES HOUSE

0671
29/05/02