



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
	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)

MALCOLM FRANK

Surname

GUYMER

†Date of Birth

Day	Month	Year

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

Signed

*K. S. Leeds*

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

0672  
29/05/02