



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))

Company Number

3877786

Company Name in full

SIT-UP .COM LIMITED



F288A018

Date of appointment Day Month Year 11 11 99 †Date of Birth Day Month Year 06 02 67

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

MR.

*Honours etc

Notes on completion
appear on reverse.

Forename(s)

Christopher John

Surname

Manson.

Previous
Forename(s)

Previous

Surname(s)

Usual residential
address

24 Ruvigny Gardens

Post town

London

Postcode

SW15 1JR

County / Region

Country

England.

†Nationality

British

†Business occupation

Accountant

†Other directorships
(additional space overleaf)

Consent signature

Date

29/11/99

* Voluntary details.

† Directors only.

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

A director, secretary etc must sign the form below.

Signed

Date

17/2/00

** Please delete as appropriate

(**a 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.

788-790 Finchley Road London NW11 7UR

Tel 0181 458 9637

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



KLO
COMPANIES HOUSE

0290
25/02/00

Form revised March 1995

Company Number

† 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.