

288a

APPOINTMENT of director or secretary

(NOT for resignation (use Form 288b) or
change of particulars (use Form 288c))Please complete in typescript,
or in bold black capitals.

CHFP055

Company Number 3877786

Company Name in full Sit-Up Limited

Date of appointment				†Date of Birth			
Day	Month	Year		Day	Month	Year	
1	5	0	9	2	0	0	3
1	2	0	9	1	9	7	0

Appointment as director



as secretary

†

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

NAME *Style / Title

*Honours etc

Forename(s)

Carl Warburton

Surname

von Doussa

Previous
Forename(s)Previous
SurnameUsual residential
address

13 Southcombe Street

Post town

Postcode W14 0RA

County / Region

London

Country England

† Nationality

Australian

†Business
occupation

Chartered Accountant

† Other directorships
(additional space overleaf)

(See continuation sheet).

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

Consent Signature

Date 23/7/03

A director, secretary etc must sign the form below.

Signed

Date 10/10/03

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

C Peace
Export House
Cawsey Way
Woking
Surrey
GU21 6QXNotes on completion
appear on reverse.* Voluntary details.
† Directors only.
** Please delete as appropriate.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 queryWhen 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

Company Number**3877786**

† Directors only.

† Other directorships

Current Directorships for Carl Warburton von Doussa**Eurofind Limited****HSN Direct (Europe) Limited****HSN Direct International Limited****I-Race Limited****VIS ITV Holdings Limited****VIS ITV Limited****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.

Past Directorships for Carl Warburton von Doussa**93 Edith Road Management Company Limited (16-Apr-1999)****Kindred Limited (24-Apr-2001)****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.