



Please complete in typescript,
or in bold black capitals.

CHWP000

2

288b

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

Company Number

3877786

Company Name in full

sit-up limited

Date of termination of appointment

Day		Month		Year		
3	1	1	0	2	0	3

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)

Mark

Surname

Luiz

†Date of Birth

Day		Month		Year		
2	2	0	4	1	9	3

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

Signed

Date

16/11/03

* 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.

Mark Taylor + Co 3rd Floor Stamford	
Bridge Fulham Road London SW6	
Tel 0207 386 5010	
DX number 83818	DX exchange Fulham Broadway

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



Form revised 1999