



Companies House

for the record

Please complete in typescript,
or in bold black capitals.

CHFP000

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 LTD

Date of
appointment

Day Month Year

15 08 2000

†Date of
Birth

Day Month Year

19 01 1952

**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)

ADAM NICHOLAS

Surname

JINGER

Previous
Forename(s)

N/A

Previous
Surname(s)

N/A

Usual residential
address

8 OXHEY ROAD, OXHEY

Post town

WATFORD

Postcode

WD1 4QE

County / Region

HERTS

Country

UK

†Nationality

BRITISH

†Business occupation

CHIEF EXEC-PIC

†Other directorships
(additional space overleaf)

SEE ATTACHED SHEET.

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

Consent signature

[Signature]

Date

2.10.00

* Voluntary details.

† Directors only.

**Delete as appropriate

A director, secretary etc must sign the form below.

Signed

[Signature]

Date

22.09.2000

(**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.

MARK TAYLOR, MARK TAYLOR AND COMPANY, 320

FLOOR STAMFORD BRIDGE, FULHAM ROAD, LONDON

SW6 1HS

Tel 020 7386 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



A02
COMPANIES HOUSE

Q141
15/12/00

COMPANIES HOUSE

20/10/00

Form 288a July 1998

Company Number

3877786

† 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.

Other Directorships

Continuation sheet number 1:

Company

Company Number

Telewest Communications PLC

2983307

Director

Adam Nicholas Singer

Bravo TV Limited

Bravo TV Limited (Resigned on 10/12/1996)

C3W (Management) Limited (D) (Resigned on 01/11/1996)

C3W Limited (D) (Resigned on 01/11/1996)

Cable Programme Partners (1) Limited (L) (Resigned on 28/02/1998)

Continental Shelf 16 Limited (Resigned on 19/11/1998)

DMX - Europe (UK) Limited (L) (Resigned on 08/10/1996)

Fleximedia Limited (Resigned on 10/12/1996)

Fleximedia Limited (Resigned on 19/11/1998)

Flextech (1992) Limited

Flextech (Kindernet Investment) Limited (Resigned on 10/12/1996)

Flextech (Kindernet Investment) Limited (Resigned on 19/11/1998)

Flextech (Travel Channel) Limited

Flextech Business News Limited (Resigned on 10/12/1996)

Flextech Business News Limited (Resigned on 19/11/1998)

Flextech Childrens Channel Limited (Resigned on 10/12/1996)

Flextech Childrens Channel Limited (Resigned on 19/11/1998)

Flextech Communications Limited (Resigned on 10/12/1996)

Flextech Communications Limited (Resigned on 19/11/1998)

Flextech Digital Broadcasting Limited (Resigned on 19/11/1998)

Flextech Distribution Limited (Resigned on 10/12/1996)

Flextech Distribution Limited (Resigned on 19/11/1998)

Flextech Family Channel Limited (Resigned on 10/12/1996)

Flextech Family Channel Limited (Resigned on 19/11/1998)

Flextech IVS Limited (Resigned on 10/12/1996)

Flextech IVS Limited (Resigned on 19/11/1998)

Flextech Media Holdings Limited (Resigned on 10/12/1996)

Flextech Media Holdings Limited (Resigned on 19/11/1998)

Flextech plc

Flextech Rights Limited (Resigned on 19/11/1998)

Flextech Satellite Investments Limited (Resigned on 19/11/1998)

Flextech Television Limited

Flextech Television Limited (Resigned on 10/12/1996)

Flextech Video Games Limited (Resigned on 10/12/1996)

Flextech Video Games Limited (Resigned on 19/11/1998)

Flextech-Flexinvest Limited (Resigned on 10/12/1996)

Flextech-Flexinvest Limited (Resigned on 19/11/1998)

Liberty Media International Limited (Resigned on 28/02/1998)

Maidstone Broadcasting (Resigned on 19/11/1998)

Maidstone Studios Limited (Resigned on 19/11/1998)

Marchbrand Limited (Resigned on 03/12/1999)

Scottish Media Group plc - RESIGNED 31.7.00

Screenshop Limited (Resigned on 19/11/1998)

SMG Plc

Starstream Limited

Swallow Tandems Limited (In Liquidation)

Telso Communications Limited (Resigned on 19/11/1998)

The Parliamentary Channel Limited (In Voluntary Liquidation) (Resigned on 01/06/1997)

TV Travel Shop Limited (Resigned on 03/12/1999)

Other Directorships

Continuation sheet number:

Company.**Company Number**

Telewest Communications PLC

2983307

Director

Adam Nicholas Singer

Liberty Flex Holdings Limited (Resigned on 03/11/1997)
TVS Television Limited (Resigned on 19/11/1998)
UK Channel Management Limited
UK Gold Broadcasting Limited
UK Gold Holdings Limited
UK Gold Services Limited
UK Gold Television Limited
UK Living Limited
UK Programme Distribution Limited
United Artists (Learning Channel) Limited (Resigned on 28/02/1998)
United Artists Investments Limited

INCLUDE TELEWEST COMMUNICATIONS PLC.