



Companies House

for the record

287

Change in situation or address of Registered Office

Please complete in typescript,
or in bold black capitals.

CHWP000

Company Number

0392 3194

Company Name in full

Top Notch Health Clubs PLC

New situation of registered office

NOTE:

The change in the situation of the registered office does not take effect until the Registrar has registered this notice.

For 14 days beginning with the date that a change of registered office is registered, a person may validly serve any document on the company at its previous registered office.

PO Box numbers only are not acceptable.

Address

2-4 CAYTON STREET

LONDON

Post town

County / Region

Postcode

EC1V 9EH

Signed

Date

20/10/03

† 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 query.

† a director / secretary / administrator / administrative receiver / liquidator / receiver manager / receiver

James Snowdon at RSM Robin Rhodes

186 City Road, London, EC1V 2NU

Tel 0207 865 2761.

DX number

DX exchange



A44
COMPANIES HOUSE

0147
27/10/03

Form revised June 1998

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