



Companies House

for the record

Please complete in typescript,
or in bold black capitals.

CHWP000

288b

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

Company Number

3923194

Company Name in full

Topnotch health clubs plc

Date of termination of appointment

Day Month Year

1 2 0 6 2 0 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)

Stephen

Surname

Gilbert

Day Month Year

†Date of Birth

2 1 1 2 1 9 5 5

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

Signed

Date

16 June '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.

The Secretary

Registered Office

Tel

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, 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



A35
COMPANIES HOUSE

0152
18/06/03

Form revised 1999