



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

4374665

Company Name in full

HEALTH AND FITNESS HOLDINGS LTD

Date of
appointment

Day Month Year
1 2 0 3 2 0 0 3

†Date of
Birth

Day Month Year
2 7 1 0 1 9 4 6

Appointment form

Appointment as director

☒

as secretary

☐

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

Notes on completion
appear on reverse.

NAME

*Style / Title

*Honours etc

Forename(s)

ALAN FRANK

Surname

SMITH

Previous
Forename(s)

Previous
Surname(s)

Usual residential
address

BRAMBLEDOWN, GROVE FARM

Post town

FELKENHAM

Postcode

B96 6JA

County / Region

WORCS

Country

UK

†Nationality

BRITISH

†Business occupation

CHIEF EXECUTIVE

†Other directorships
(additional space overleaf)

RAF BENEVOLENT FUND ENTERPRISES

ASD

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

Consent signature

[Signature]

Date

17 3 03

* Voluntary details.

† Directors only.

**Delete as appropriate

A director, secretary etc must sign the form below.

Signed

[Signature]

Date

13 3 03

(**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.

MICHAEL BALL, ESPORTA GROUP LTD

TRINITY COURT, MOLLY MILLARS LANE, WOKINGHAM

BERKS RG41 2PY Tel 0118 912 3504

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



AS1
COMPANIES HOUSE

0231
20/03/03

Form revised July 1998

Company Number

4374665

† Directors only.

† Other directorships

EVANS HALSHAW PLC - RESIGNED FEB 1999

PUNCH TAVERNS LTD - RESIGNED APRIL 2000

SOMERFIELD STORES PLC - RESIGNED NOV 2002

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.