



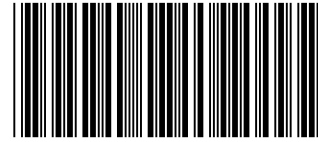
*Companies House*  
— for the record —

**288b<sub>(ef)</sub>**

**Termination of Appointment of a Director  
or Secretary**

*Company Name:* **HEALTH AND FITNESS HOLDINGS LIMITED**

*Company Number:* **04374665**



*Received for filing in Electronic Format on the:* **19/11/2007**

XZW4RUS9

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**Resignation Details**

*Position:* **DIRECTOR**     *Date of Resignation:* **01/11/2007**

*Name:* **TIMONTHY JOHN REDBURN**     *Date of Birth:* **01/09/1953**

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**Authorisation**

*Authoriser Designation:* **SECRETARY**     *Date Authorised:* **15/11/2007**     *Authenticated:* **Yes (E/W)**