

Please complete in typescript,
or in bold black capitals.

CHFP010

Company Number

Company Name in full

**Terminating appointment as director or
secretary**

(NOT for appointment (use Form 288a) or
change of particulars (use Form 288c))

04374665

Health and Fitness Holdings Limited

Date of termination of appointment

Day		Month		Year			
2	2	0	8	2	0	0	3

as director

as secretary

X

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

NAME

* Style / Title

* Honours etc

Please insert details as
previously notified to
Companies House.

Forename(s)

Wai Chung

Surname

Wong

† Date of Birth

Day		Month		Year			

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

Signed

[Signature]

Date

22/8/03

* 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.

A.T.V. TYSON, Esporta Group Ltd, , Trinity Court, ,	
Molly Millars Lane, Wokingham, Berkshire, RG41 2PY	
Tel 0118 912 3505	
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

DX 235 Edinburgh

for companies registered in Scotland