

Please complete in typescript,
or in bold black capitals
CHFP052

APPOINTMENT of director or secretary (NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

Company Number

4383801

Company Name in full

THE BODYCHEF LTD

Date of
appointmentDay Month Year
28 02 2002†Date of
BirthDay Month Year
04 04 1957Appointment
form

Appointment as director



as secretary

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

NAME *Style / Title

MR

*Honours etc

Notes on completion
appear on reverse.

Forename(s)

RUSSELL

Surname

EDWARDS

Previous
Forename(s)Previous
Surname(s)Usual residential
address

26 NORTH DRIVE

Post town

GT YARMOUTH

Postcode

NR30 4EW

County / Region

NORFOLK

Country

UNITED
KINGDOM

†Nationality

BRITISH

†Business occupation

MANAGING
DIRECTOR†Other directorships
(additional space overleaf)

OCEAN ROOM LIMITED

Consent signature

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

R. Edwards

Date

6/3/02

* Voluntary details.

† Directors only.

**Delete as appropriate

A director, secretary etc must sign the form below.

Signed

J. Edwards

Date

6/3/02

Authorised Signatory of Combined Nominees Limited / Combined Secretarial Services Limited

ICC COMPANY FORMATIONS

33 CRWYS ROAD, CARDIFF

CF24 4YF

Tel 029 2066 0360

DX number 50758

DX exchange CARDIFF 2

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.

PUB *P9D9N97N* 0055
COMPANIES HOUSE 18/03/02

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

Company Number

† Directors only

† Other directorship

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.