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# 288b

Please complete in typescript,  
or in bold black capitals.

CHFP025

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

Company Number

4663223

Company Name in full

HEALTH CLUB GROUP PLC

Date of termination of appointment

Day	Month	Year
22	07	2003

as director

X

as secretary

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

Please insert  
details as  
previously  
notified to  
Companies House.

NAME

\*Style / Title

MR

\*Honours etc

Forename(s)

MICHAEL NORMAN

Surname

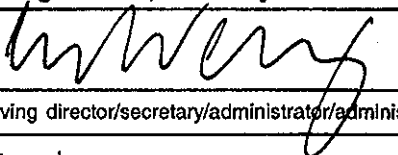
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†Date of Birth

Day	Month	Year
13	03	1968

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

Signed



Date

22/7/03

\* Voluntary details.

† Directors only.

\*\*Please 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.

SJ Berwin  
222 Gray's Inn Road  
London  
WC1X 8XF

Tel 020 7533 2222

DX number DX255

DX exchange London



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