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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

2 2 0 7 2 0 0 3

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)

IAN

Surname

SELLARS

Day Month Year

†Date of Birth

1 7 0 2 1 9 5 4

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

* Voluntary details.

† Directors only.

**Please delete as appropriate

Signed

[Signature]

Date

22/7/03

(** 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



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COMPANIES HOUSE 30/07/03

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