



Companies House

— for the record —

Please complete in typescript,
or in bold black capitals.

CHFP000

288a

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

Company Number

04663223

Company Name in full

HEALTH CLUB GROUP PLC

Date of
appointment

Day Month Year

25 01 2005

†Date of
Birth

Day Month Year

11 01 1961

Appointment 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

*Honours etc

Notes on completion
appear on reverse.

Forename(s)

MICHAEL ROBERT

Surname

DAVY

Previous
Forename(s)

Previous
Surname(s)

†† Tick this box if the
address shown is a
service address for
the beneficiary of a
Confidentiality Order
granted under the
provisions of section
723B of the
Companies Act 1985

☐

†† Usual residential
address

34 GRESHAM GARDENS

Post town

LONDON

Postcode

NW11 8PD

County / Region

Country

UNITED KINGDOM

†Nationality

BRITISH

†Business occupation

INVESTMENT BANKER

†Other directorships
(additional space overleaf)

BRIDGEPOINT CAPITAL HOLDINGS BRIDGEPOINT CAPITAL LIMITED

Consent signature

M R Davy

Date

25.01.2005

* Voluntary details.

† Directors only.

**Delete as appropriate

A director, secretary etc must sign the form below.

Signed

James B. B. B.

Date

25.01.2005

(*a director / secretary / administrator / administrative receiver / receiver manager / receiver)

You do not have to give any contact
information in the box opposite but if you
do, it will help Companies House to
contact you if there is a query on the
form. The contact information that you
give will be visible to searchers of the
public record..

COMPANY SECRETARY, HOUNES PLACE HOLDINGS LIMITED

100 ALDERSGATE STREET, LONDON

EC1A 4LX

Tel 020 7786 7300

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
for companies registered in Scotland

DX 235 Edinburgh



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COMPANIES HOUSE

ANYEG2A1

0609
27/01/05

ge

Company Number

04663223

† Directors only.

† Other directorships

BRIDGEPOINT PRIVATE EQUITY LIMITED

LONGVILLE GROUP LIMITED

LYNX EXPRESS LIMITED

PROTOCOL ASSOCIATES LIMITED

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.