



Companies House

— for the record —

Please complete in typescript,  
or in bold black capitals.

CHFP000

# 288b

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

Company Number

4699401

Company Name in full

FITNESS FIRST HOLDINGS LTD

Date of termination of appointment

Day Month Year  
24 11 2015

as director



as secretary



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

NAME

\*Style / Title

MR

\*Honours etc

Please insert  
details as  
previously  
notified to  
Companies House.

Forename(s)

CHRISTOPHER DONOVAN JAMES

Surname

PEARCE

†Date of Birth

Day Month Year  
01 03 1953

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

Signed

Sadd

Date

30 June 2005

\* 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.

MR S. CADD, FITNESS FIRST HOLDINGS

58, FLEETS LANE, POOLE BH15 3BT

Tel

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



A54  
COMPANIES HOUSE

589  
03/02/2006