



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 LIMITED

Date of termination of appointment

Day Month Year
03 11 2003

as director

☐

as secretary

☒

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

NAME

*Style / Title

MRS

*Honours etc

Please insert
details as
previously
notified to
Companies House.

Forename(s)

CADD

Surname

SUSAN ANNE

†Date of Birth

Day Month Year

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

Signed

[Signature]

Date

3.11.2003

* 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.

MRS. S. CADD, FITNESS FIRST,

58, FLEETS LANE, POOLE BH153BT

Tel 01202 845906

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

Tf:



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COMPANIES HOUSE

0623
08/11/03

Form revised 1999