



Companies House

for the record

Please complete in typescript,  
or in bold black capitals.

CHWP000

# 288a

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

Company Number

05121295

Company Name in full

FITNESSWISE LIMITED

Date of  
appointment

Day Month Year  
06 05 2004

†Date of  
Birth

Day Month Year  
02 04 1957

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

MISS

\*Honours etc

Notes on completion  
appear on reverse.

Forename(s)

GILLIAN

Surname

DAWSON

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

Post town

CONIFERS, OLD AVENUE

County / Region

SURREY

Postcode

KT13 0QD

Country

†Nationality

BRITISH

†Business occupation

†Other directorships  
(additional space overleaf)

Consent signature

I consent to act as ~~\*\*director~~ secretary of the above named company

Gill Dawson

Date

6/5/2004

\* Voluntary details.

† Directors only.

\*\*Delete as appropriate

A director, secretary etc must sign the form below.

Signed

[Signature]

Date

6/5/2004

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

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

Tel

DX number

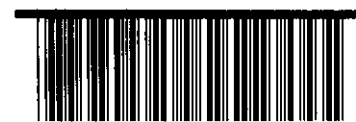
DX exchange

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large

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  
or LP - 4 Edinburgh 2



A52  
COMPANIES HOUSE

\*A51UG0C2\*

0131  
18/11/04

Form April 2002

**Company Number**

† Directors only.

† Other directorships


**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.