



Companies House

for the record

Please complete in typescript,
or in bold black capitals.

CHWP000

288b

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

Company Number

5121295

Company Name in full

FITNESSWISE LIMITED

Date of termination of appointment

Day Month Year
06 05 2004

as director

☐

as secretary

☒

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

NAME *Style / Title

*Honours etc

Please insert
details as
previously
notified to
Companies House.

Forename(s)

Surname

L. & A. SECRETARIAL LIMITED

†Date of Birth

Day Month Year
| | | | | |

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

Signed

Date

6/5/2004

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

* Voluntary details.

† Directors only.

** Delete as appropriate

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.

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 or
Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB
for companies registered in Scotland

DX 235 Edinburgh
or LP - 4 Edinburgh

