



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

05169727

Company Name in full

INSIGHT NEWS TELEVISION  
TRAINING LIMITED

Date of termination of appointment

Day Month Year  
08 03 2005

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)

IAN DAVID

Surname

POCOCK

†Date of Birth

Day Month Year  
10 12 1975

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

Signed

Date

08/03/2005

\* 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.

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

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



A26  
COMPANIES HOUSE

0391  
08/06/05