



Companies House
for the United Kingdom

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 5659669

Company Name in full THE GYM LIMITED

Date of appointment Day Month Year
29 06 2007

†Date of Birth Day Month Year
02 01 1954

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

MR

*Honours etc

Notes on completion
appear on reverse

Forename(s) JOHN

Surname TREHARNE

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

4 BROOK MANOR, TURNERS HILL ROAD

Post town

EAST GRINSTEAD

Postcode

RH19 4LX

County / Region

WEST SUSSEX

Country

UK

†Nationality

BRITISH

†Business occupation

GYM OPERATOR

†Other directorships
(additional space overleaf)

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

Consent signature

J. Treharne

Date

29/6/2007

* Voluntary details

† Directors only

**Delete as appropriate

A director, secretary etc must sign the form below

Signed

Anne-Helen

Date

29/7/2007

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

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

Ian Allen

1 Craven Hill, London W2 3EN

Tel 020 7262 5566

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 2

TUESDAY



AYQ0YRBY

A30 17/07/2007 100

COMPANIES HOUSE

A47 03/07/2007 164

COMPANIES HOUSE

Company Number

† Directors only

† Other directorships

X

DRAGONS HEALTH CLUBS PLC
CROWN SPORTS PLC
EQUITY LIMITED

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