



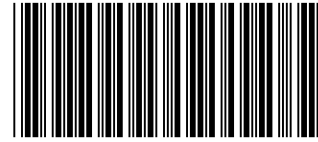
*Companies House*  
— for the record —

**288b<sub>(ef)</sub>**

**Termination of Appointment of a Director  
or Secretary**

*Company Name:* **LONDON & REGIONAL (HEALTH CLUBS) LIMITED**

*Company Number:* **05788201**



*Received for filing in Electronic Format on the:* **28/04/2006**

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**Resignation Details**

*Position:* **DIRECTOR**     *Date of Resignation:* **20/04/2006**

*Name:* **CITY EXECUTOR & TRUSTEE COMPANY LIMITED**

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***Authorisation***

*Authoriser Designation:* **SECRETARY**     *Date Authorised:* **20/04/2006**     *Authenticated:* **Yes (E/W)**