

APPOINTMENT of director or secretary

Please complete in typescript,
or in bold black capitals.

(NOT for resignation (use Form 288b) or
change of particulars (use Form 288c))

CHFP010

Company Number

5788201

Company Name in full

London & Regional (Health Clubs) Limited

Appointment
form

Notes on completion
appear on next page.

Appointment as director

Date of
appointment

Day	Month	Year
2	0	0
4	2	0
0	0	6

Day	Month	Year
2	5	0
9	1	9
6	0	

† Date of
Birth☒

as secretary

☒

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

NAME

* Style / Title

Mr

* Honours etc

Forename(s)

Richard Nigel

Surname

Luck

Previous
forename(s)Previous
surname(s)Usual residential
address

4 Herschel Grange, Warfield

Post town

BRACKNELL

Postcode

RG42 6AT

County / Region

Berkshire

Country

† Nationality

British

† Business
occupation

Company Director

† Other directorships
(additional space next page)

See attached schedule

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

Consent signature

Date

20.4.06

* Voluntary details.

† Directors only.

** Please delete as appropriate

A director, secretary etc must sign the form below.

Signed

Date

20.4.06

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

Please give the name, address, telephone
number and, if available, a DX number and
Exchange of the person Companies House
should contact if there is any query.

UHY City Registrars, 4th Floor, St Alphage House,

2 Fore Street, London, EC2Y 5DH

Tel Fax: 020 7628 3069

DX number

DX exchange

8655611

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

DX 235 Edinburgh

for companies registered in Scotland

L14
COMPANIES HOUSE461
28/04/2006

Company Number

5788201

† 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.

**List of other directorships
Schedule to form 288a**

*Please complete in typescript,
or in bold black capitals.*

CHFP010

Company Number

5788201

Company Name in full

London & Regional (Health Clubs) Limited

Name

Richard Nigel Luck

Company Name	Resignation
Hotel (PL Property) Limited	10/01/2005
Hotel Leeds West Limited	
London & Regional (Baker Street) Limited	
London & Regional Hotel Holdings Limited	27/06/2005
London & Regional Properties Limited	
LR (Baker St) Limited	
LR (Edinburgh) Hotel Limited	
LR Boss Limited	
LR Funding (UK) Limited	
LR Life No.1 (UK) Limited	
Planttime Limited	