



Companies House
— for the record —

288b (ef)

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



XEXJDJK

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

Company Number: **05788201**

Received for filing in Electronic Format on the: **24/09/2009**

Resignation Details

Position: **DIRECTOR**

Date of resignation: **21/08/2009**

Name: **CHRISTOPHER KING**

Authorisation

Authoriser Designation: **director**

Date Authorised: **23/09/2009**

Authenticated: **Yes (E/W)**