

# AP01

## Appointment of director



Companies House



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☒ What this form is for  
You may use this form to appoint  
an individual as a director

☐ What this form is for  
You cannot use the form to appoint  
a corporate director  
please use form AP02  
of corporate director

MONDAY



LD3 16/11/2015 #110  
COMPANIES HOUSE

### 1 Company details

Company number 08528493

Company name in full THE GYM GROUP PLC

→ Filling in this form  
Please complete in typescript or in  
bold black capitals

All fields are mandatory unless  
specified or indicated by \*

### 2 Date of director's appointment

Date of appointment 06/11/2015

### 3 New director's details

Title\*  
Full forename(s) Penny  
Surname Hughes  
Former name(s) <sup>1</sup> Penelope Lesley Davies  
Country/State of residence <sup>2</sup> United Kingdom  
Nationality British  
Month/year of birth <sup>3</sup> XX/07/1959  
Business occupation (if any) <sup>4</sup>

<sup>1</sup> Former name(s)  
Please provide any previous names  
(including maiden or married names)  
which have been used for business  
purposes in the last 20 years.

Continue in section 7 if required

<sup>2</sup> Country/State of residence  
This is in respect of your usual  
residential address as stated in  
section 4a

<sup>3</sup> Month and year of birth  
Please provide month and year only  
Provide full date of birth in  
section 3a

<sup>4</sup> Business occupation  
If you have a business occupation,  
please enter here. If you do not,  
please leave blank

### 4 New director's service address <sup>5</sup>

Please complete your service address below. You must also complete your usual  
residential address in Section 4a

Building name/number Woodbridge House  
Street Woodbridge Meadows  
Post town Guildford  
County/Region Surrey  
Postcode GU11BA  
Country United Kingdom

<sup>5</sup> Service address  
This is the address that will appear  
on the public record. This does not  
have to be your usual residential  
address.

Please state 'The Company's  
Registered Office' if your service  
address is recorded in the company's  
register of directors as the  
company's registered office.

If you provide your residential  
address here it will appear on the  
public record.

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**5** Consent to act as director

Please tick the box to confirm consent

- ☒ The company confirms that the person named in section 3 has consented to act as a director of the company named in section 1

**6** Signature

I am signing this form on behalf of the company

Signature

Signature

X  X

This form may be signed and authorised by  
Director <sup>1</sup>, Secretary, Person authorised <sup>2</sup>, Administrator, Administrative  
Receiver, Receiver, Receiver manager, Charity commission receiver and manager,  
CIC manager, Judicial factor

**1 Societas Europaea**

If the form is being filed on behalf of a Societas Europaea (SE) please delete 'director' and insert details of which organ of the SE the person signing has membership

**2 Person authorised**

Under either section 270 or 274 of the Companies Act 2006

**7** Additional former names (continued from Section 3)

Former names <sup>1</sup>


**1 Additional former names**

Use this space to enter any additional names

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**Presenter information**

You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record.

Contact name	Laura Davis
Company name	Allen & Overy LLP
Address	One Bishops Square
Post town	London
County/Region	
Postcode	E 1 6 A D
Country	
DX	
Telephone	+44 (0) 20 3088 2290



**Checklist**

We may return forms completed incorrectly or with information missing

**Please make sure you have remembered the following**

- ☐ The company name and number match the information held on the public Register
- ☐ You have completed the date of appointment
- ☐ You have included all former names used for business purposes over the last 20 years
- ☐ You have completed the nationality box
- ☐ You have provided the month and year of birth in section 3
- ☐ You have provided a business occupation if you have one
- ☐ You have provided your full date of birth in section 3a
- ☐ You have provided both the service address and the usual residential address.
- ☐ Addresses must be a physical location. They cannot be a PO Box number (unless part of a full service address), DX or LP (Legal Post in Scotland) number
- ☐ You have enclosed a relevant section 243 application if applying for this at the same time as completing this form
- ☐ You have ticked the consent to act statement
- ☐ You have signed the form



**Important information**

Please note that all information on this form will appear on the public record, apart from information relating to usual residential addresses and day of birth.



**Where to send**

You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below

**For companies registered in England and Wales**  
The Registrar of Companies, Companies House,  
Crown Way, Cardiff, Wales, CF14 3UZ  
DX 33050 Cardiff

**For companies registered in Scotland**  
The Registrar of Companies, Companies House,  
Fourth floor, Edinburgh Quay 2,  
139 Fountainbridge, Edinburgh, Scotland, EH3 9FF  
DX ED235 Edinburgh 1  
or LP - 4 Edinburgh 2 (Legal Post)

**For companies registered in Northern Ireland**  
The Registrar of Companies, Companies House,  
Second Floor, The Linenhall, 32-38 Linenhall Street,  
Belfast, Northern Ireland, BT2 8BG  
DX 481 N R Belfast 1

**Section 243 exemption**

If you are applying for, or have been granted a section 243 exemption, please post this whole form to the different postal address below  
The Registrar of Companies, PO Box 4082,  
Cardiff, CF14 3WE



**Further information**

For further information please see the guidance notes on the website at [www.gov.uk/companieshouse](http://www.gov.uk/companieshouse) or email [enquiries@companieshouse.gov.uk](mailto:enquiries@companieshouse.gov.uk)

This form is available in an alternative format. Please visit the forms page on the website at [www.gov.uk/companieshouse](http://www.gov.uk/companieshouse)