



Companies House  
— for the record —

# BR4

CHFP000

Please complete in typescript, or  
in bold black capitals.

Return by an overseas company subject to branch  
registration of change of directors or secretary  
or of their particulars

(Pursuant to Schedule 21A, paragraph 7(1) of the Companies Act 1985)

Company number

FC 026947

Branch number BR 008940

Corporate name

FITNESS FIRST (BVI) LIMITED

Branch name  
(if different)

## Resignation, etc.

Date of resignation etc

Resignation etc, as director

Resignation etc, as secretary

(This includes any  
form of ceasing to  
hold office e.g.  
death or removal  
from office)

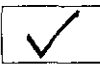
Forenames

Surname

Date of birth (directors only)

Day Month Year

21 12 2006



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



TIMOTHY CARLO

NEWMAN

Day Month Year

08 06 1960

(See note on page 4)

This return is delivered in respect of all the branches listed on page 4

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 form. The contact  
information that you give will be  
visible to searchers of the

MR. S. CADD, FITNESS FIRST LTD,  
58, FLEET LANE, POOLE BH15 3BT  
Tel 01202 845906

DX number

DX exchange



A36 02/02/2007 538  
COMPANIES HOUSE

A13 23/01/2007 461  
COMPANIES HOUSE

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 branches registered in England and Wales

or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB  
for branches registered in Scotland

DX 235 Edinburgh  
or LP - 4 Edinburgh 2

(10/03)

## Appointment

(Turn to page 3  
notify alteration of  
particulars)

## 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 address line.

Give previous forenames or surnames  
except:

- for a married woman the name 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 surnames.

\* Voluntary details  
+ Directors only

+ Date of birth

+ Nationality

### + Business Occupation

+ Other directorships

Please list all other directorships

Give brief particulars of the extent of the powers exercised (e.g. whether they are limited to powers expressly conferred by the instruments of appointment, or whether they are subject to express limitations) where the powers are exercised jointly, give the name(s) of the person(s).

# Mark as applicable

This return must be delivered to the Registrar within 21 days of the notice being received in Great Britain in due course of post (if despatched with due diligence)

Date of appointment

### Appointment of director

### Appointment of secretary

**Name**                      \*Style/title

## Forenames

Surname

\* Honours etc

Previous forenames

Previous surname

Usual residential  
address<sup>††</sup>

Post town

County / region

Postcode

Day Month Year

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

11/11/2016

[illegible]

11

†† **Do not tick this box unless 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**

Day      Month      Year

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The extent of the authority to represent the company is \_\_\_\_\_  
(give details)

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These powers :

# ☐ May be exercised acting alone

# ☐ Must be exercised with :- (give names of co-authorised person(s))

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# ALTERATION OF PARTICULARS

(this section is not for appointments or resignations)

Complete this section in all cases where particulars of a serving director / secretary have changed and then the appropriate section below

Date of change of particulars

Change of particulars, as director

Change of particulars, as secretary

Forenames

Surname

(name previously notified to Companies House)

Date of birth (directors only)

Change of name (enter new name)

Forenames

Surname

Change of usual residential address<sup>††</sup>

(enter new address)

Post town

County / region

Postcode

Country

Change to authority to act (if applicable)

Give brief particulars of any change in the authority of a director to represent the company, including any alteration to the manner in which existing or new powers may be exercised (e.g. requiring them to be exercised with other persons.)

Nationality

# Mark as applicable

Day Month Year

Day	Month	Year

☐
☐

Please mark the appropriate box.  
If change of particulars is as a director and secretary mark both boxes

Day Month Year

Day	Month	Year

☐

<sup>††</sup> Do not tick this box unless 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

The extent of the authority of the above person to represent the company has been altered to :- (give details)

These powers :

# ☐

May be exercised alone, or

# ☐

Must be exercised with : (give names of co-authorised persons)

