



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 26947

Branch number **BR** 008940

Corporate name

Fitness First (BVI) Ltd

Branch name
(if different)

Resignation, etc.

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

Date of resignation etc

Resignation etc, as director

Resignation etc, as secretary

Forenames

Surname

Date of birth (directors only)

Day Month Year

3 0 0 6 2 0 0 8

☒☐

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

ROSS STEVEN

CHESTER

Day Month Year

1 1 0 3 1 9 6 7

(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 public
record

Mrs S Cadd Fitness First Ltd, 58 Fleets Lane, Poole BH15 3 BT

Tel 01202 845906

DX number

DX exchange

SATURDAY



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AEKEK15C

05/07/2008

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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

for branches registered in England and Wales

or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB

for branches registered in Scotland

DX 33050 Cardiff

**DX 235 Edinburgh
or LP - 4 Edinburgh 2**

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 appointment

Appointment of director

Appointment of secretary

Name *Style/title

Forenames

Surname

* Honours etc

Previous forenames

Previous surname

Usual residential
address**

Post town

County / region

Postcode

Country

☐

** 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

+ Date of birth

+ Nationality

+ Business Occupation

+ Other directorships

Please list all other directorships

Scope of authority

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)

Day Month Year

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☐

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

☐

Day Month Year

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

These powers

☐

May be exercised acting alone

☐

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

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**

(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

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** 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)

