In accordance with

Section 167 of the
Companies Act 2006.

AP01

Appointment of director



You can use the WebFiling service to file this form online. Please go to www.companieshouse.gov.uk

What this form is for
You may use this form to appoint

an individual as a director.

What this form is NOT for You cannot use the form to ap a corporate director. To do this please use form AP02 'Appoin of corporate director'.

WEDNESDAY



27/10/2010 COMPANIES HOUSE

577

f	Company details	
Company number Company name in full	S C 3 1 6 2 6 9 ARMSTRONG & ARMSTRONG LIMITED	Pilling 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	"Z "Z "1 "0	
3	New director's details	1 Former name(s)
Title*	Ms	 Please provide any previous names which have been used for business purposes in the past 20 years.
Full forename(s)	I ANN	Married women do not need to give
Surname	MCMANDS	former names unless previously use for business purposes.
Former name(s) 1		Continue in section 6 if required.
Country/State of residence 2	UK	Country/State of residence This is in respect of your usual residential address as stated in Section 4a. Business occupation If you have a business occupation, please enter here. If you do not, please leave blank.
Vationality	BRITISIL	
Date of birth	06 70 1995 7	
Business occupation (if any) 3		
4)	New director's service address 4	<u> </u>
	Please complete your service address below. You must also complete your usual residential address in Section 4a .	4 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' register of directors as the company's registered office. If you provide your residential address here it will appear on the public record.
Building name/number	89	
Street	SEAWAKIS STREET	
Post town	GLASGOW	
County/Region	LANARKSHIRE	
Postcode	GLASGOW LANARKSHIRE Q4111HJ	
Country	SCOTLAND	
	JUN LAND	

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Appointment of director

5	Signatures	·····
	I consent to act as director of the above named company.	Societas Europaea If the form is being filed on behalf
New director's	Signature	of a Societas Europaea (SE) please
signature	22 OCTOB HE 2040	delete 'director' and insert delails of which organ of the SE the person signing has membership.
Authorising signature	This form may be signed and authorised by: Director 1, Secretary, Person authorised 2, Administrator, Administrative Receiver, Receiver manager, Charity commission receiver and manager, CIC manager, Judicial factor.	Under either section 270 or 274 of the Companies Act 2006.
©	Additional former names (continued from Section 3)	
Former names s		Additional former names Use this space to enter any additional names.

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	Presenter information
you on	u do not have to give any contact information, but if u do it will help Companies House if there is a query the form. The contact information you give will be ble to searchers of the public record.
Cont	actname
	pany name an Barr
Mc	Clure Naismith LLP
29	2 St. Vincent Street
Gl	asgow
Post	jown
Cour	ity/Region
Post	G 2 5 T Q
Coun	fry .
DX	W 64 - Glasgow
	thone 41 204 2700
/	Checklist
	may return forms completed incorrectly or hinformation missing.
	ase make sure you have remembered the owing:
	The company name and number match the information held on the public Register.
	You have provided a business occupation if you have one.
	You have provided a correct date of birth.
	You have completed the date of appointment.
	You have completed the nationality box in Section 3.
	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 included all former names used for business purposes over the last 20 years.
	You have enclosed a relevant section 243 application if applying for this at the same time as completing this form.
	The new director has 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.

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.companieshouse.gov.uk or email enquiries@companieshouse.gov.uk

This form is available in an alternative format. Please visit the forms page on the website at www.companieshouse.gov.uk

You have provided an authorising signature.