



OYEZ

288a

APPOINTMENT of Director or Secretary
(NOT for resignation (use Form 288b) or change
of particulars (use Form 288c))

Please complete in
typescript, or in
bold black capitals.

Company Number 1768415

Company Name in full

M C INTEG LIMITED

(FORMERLY M C HOLDINGS (ANGLIA) LIMITED)



F288AC10

Date of appointment Day Month Year
31 07 98

†Date of birth Day Month Year
25 01 54

Appointment as director ☒

as secretary ☐

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

**Appointment
Form**

Notes on completion
appear on reverse.

NAME *Style/Title

MR

*Honours etc.

Forename(s)

JOHN

Surname

FROST

Previous
Forename(s)

N/A

Previous
Surname(s)

N/A

Usual residential address

14 ST MARY'S VIEW PAKENHAM

Post town

BURY ST EDMUNDS

Postcode

IP31 2ND

County/Region

SUFFOLK

Country

UNITED KINGDOM

*Voluntary details.
† Directors only.

†Nationality

BRITISH

†Business occupation

MECHANICAL ENGINEER

†Other directorships
(additional space overleaf)

INTEG CONTRACTS LIMITED & ROUGHAM TANKS LIMITED

I consent to act as director/secretary† of the above named company

‡ Please delete
as appropriate.

Consent signature

x

John Frost

Date

10-08-98

A director, secretary etc must sign the form below

Signed

John Frost

Date

10-08-98

(† a director/secretary/administrator/administrative receiver/receiver manager/receiver)

Please give the name, address, telephone
number, and if available, a DX number and
Exchange of the person Companies House
should contact if there is any query.

GROSS & CO 84 GUILDHALL STREET

BURY ST EDMUNDS SUFFOLK

IP33 1PR

Tel 01284 763333

DX number 57203

DX exchange

BURY ST EDMUNDS

When you have completed and signed the form please send it to the
Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF4 3UZ

for companies registered in England and Wales

DX 33050 Cardiff

or

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

for companies registered in Scotland

DX 235 Edinburgh

[P.T.O.]



A33 *AUR318NU* 651
COMPANIES HOUSE 11/08/98

Company Number

†Directors only.

†Other directorships

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 line.

Give previous forenames or surname(s) except:

- for a married woman, the name by which she was known 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 surname and need not give the name by which that person was known before he or she adopted the title or succeeded to it.

Other directorships.

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

- dormant
- a parent company which wholly owned the company making the return, or
- another wholly owned subsidiary of the same parent company.