

Please complete in typescript,
or in bold black capitals.

CHFP010

Company Number

Company Name in full

Terminating appointment as director or secretary

(NOT for appointment (use Form 288a) or
change of particulars (use Form 288c))

2727984

PACIFIC HEALTH AND FITNESS LIMITED

Date of termination of appointment

Day		Month		Year			
3	0	0	9	2	0	0	3

as director

X

as secretary

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

NAME

* Style / Title

* Honours etc

Please insert details as
previously notified to
Companies House.

Forename(s)

ANDREW RICHARD

Surname

BARKER

† Date of Birth

Day		Month		Year			
0	4	0	3	1	9	6	3

A serving director, secretary etc must sign the form below.

Signed

FOR CORNHILL SECRETARIES LIMITED

Date

22/10/03

* Voluntary details.

† Directors only.

** Delete as appropriate.

(** serving 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.

CORNHILL SECRETARIES LIMITED, 1 SNOW HILL, LONDON,

EC1A 2EN

Tel

DX number

DX exchange



LD2
COMPANIES HOUSE

0251
22/10/03

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 companies registered in England and Wales

or

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

for companies registered in Scotland

DX 235 Edinburgh