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COMPANIES FORM No. 403a

Declaration of satisfaction in full or in part of mortgage or charge

403a

CHFP025

Please do not
write in
this margin

Pursuant to section 403(1) of the Companies Act 1985

Please complete
legibly, preferably
in black type, or
bold block lettering

To the Registrar of Companies
(Address overleaf)

For official use Company number

3111

03075946

* Insert full name
of company

Name of company

* Fitness First PLC

I, Susan Anne Cadd
of 7 Elmstead Road, Poole, Dorset, BH13 7EZ

† Delete as
appropriate

~~As a~~ ~~director~~ ~~[the secretary]~~ ~~the administrator~~ ~~[the administrative receiver]~~ † of the above company, do

solemnly and sincerely declare that the debt for which the charge described below was given has been

‡ Insert a
description of
instrument(s)
creating or
evidencing the
charge, eg
'Mortgage',
'Charge',
'Debenture' etc.

~~As a~~ paid or satisfied in (full) (part) †

Date and Description of charge ‡ Guarantee and Debenture dated 21/06/99

Date of Registration § 08/07/99

§ The date of
registration may
be confirmed
from the
certificate

~~As a~~ Name and address of [chargee] ~~trustee for the debenture holders~~

National Westminster Bank PLC c/o The Royal Bank of Scotland, Level 7,
135 Bishopsgate, London EC2M 3UR

Short particulars of property charged § Fixed and floating charges over the undertaking and all
property and assets present and future including goodwill bookdebts, uncalled capital,
buildings, fixtures, fixed plant and machinery.

And I make this solemn declaration conscientiously believing the same to be true and by virtue of the
provisions of the Statutory Declarations Act 1835.

¶ Insert brief
details of
property

Declared at Hinton House, Hinton Road Declarant to sign below

Bournemouth Dorset

hcad

Day Month Year

on

21 10 2001

before me

A. H. C. ROYD

~~A Commissioner for Oaths or Notary Public or Justice of
the Peace or Solicitor having the powers conferred on a
Commissioner for Oaths~~

Presenter's name, address and
reference (if any):

Ashurst Morris Crisp
Broadwalk House
5 Appold Street
London
EC2A 2HA
SJR/2402144

For official use
Mortgage section



A27
COMPANIES HOUSE

0837
24/10/01

Notes

The address for companies registered in England and Wales or Wales is:-

The Registrar of Companies
Companies House
Crown Way
Cardiff
CF14 3UZ