



COMPANIES HOUSE

Please complete in typescript,  
or in bold black capitals.

# 288b

## RESIGNATION of director or secretary (NOT for appointment (use Form 288a) or change of particulars (use Form 288c))

Company Number

3332131

Company Name in full

BODY-SOLID (UK) LIMITED



\*F288B019\*

### Resignation form

Date of resignation

Day Month Year

12 3 97

Resignation as director



as secretary



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

NAME \*Style / Title

\*Honours etc

Please insert  
details as  
previously  
notified to  
Companies House.

Forename(s)

Surname

Alex NOMINEES LIMITED

†Date of Birth

Day Month Year

If cessation is other than  
resignation, please state reason

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

Signed

Date

12/3/97.

(by a serving director / secretary / administrator / administrative receiver / receiver manager / receiver)

\* Voluntary details.

† Directors only.

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.

Tel	
DX number	DX exchange

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

Companies House, Crown Way, Cardiff, CF4 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



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COMPANIES HOUSE 17/03/97