Package: 'Laserform' by Laserform International Ltd. 288a

Please complete in typescript, or in bold black capitals.

APPOINTMENT of director or secretary (NOT for resignation (use Form 288b) or change

of particulars (use Form 288c))

CHFP025

Company Number

3417277

Co	mpany Name III Iun	CAPITAL CAREERS LI	MITED		
		Day MonthYear		Day Month Year	
	Date of appointment	2 0 1 0 2 0 0	4 †Date of Birth	2,20,31,9,5,0	
Appointment form	t Appointment as director	x as secreta		the appropriate box. If appointment tor and secretary mark both boxes.	
	NAME *Style / Title	MR	*Honours etc		
Notes on completion appear on reverse.	Forename(s)	ALLISTER HALBERT			
	Surname	MCGOWAN			
	Previous Forename(s)	Previous Surname(s)			
†† Tick this box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under the provisions of section 723B of the Companies Act 1985	Usual residential address ††	Nightingales, 1 Croft Road			
	. Post town	Godalming	Postc	ode GU7 1BS	
	County / Region	Surrey	Cou	ntry England	
	†Nationality	British	†Business occupatio	n Chief Executive	
	†Other directorships	See attached list			
	(additional space overleaf)	I consent to act as ** di	rector / secretary of	f the above named company	
* Voluntary details. † Directors only.	Consent signature		Dat	te 20.10.2004	
		A director, secretary etc	must sign the for	m below.	

Signed

Date 20.10.2004

(** a <u>director</u> / secretary / administrator / administrative - receiver / receiver manager / receiver)

You do not have to give any contact information in the box opposite but if you do, it will help Companies House to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Paris Smith & Randall Number 1 London Road SOUTHAMPTON S015 2AE

Tel 023 8048 2482

DX number DX38534

DX exchange SOUTHAMPTON 3



COMPANIES HOUSE

for companies registered in England and Wales Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB for companies registered in Scotland

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

DX 235 Edinburgh

Ref: CFM/78283/2

Laserform International 6/02

	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.

ALLISTER HALBERT McGOWAN

CAPITAL CAREERS LIMITED COMPANY NUMBER: 3417277

FORM 288A OTHER DIRECTORSHIPS

1	CAREERS ENTERPRISE (KENT) LIMITED					
2	CAREERS ENTERPRISE (BUCKINGHAMSHIRE) LIMITED					
3	ENTERPRISE CAREERS SERVICES LIMITED					
4	CAREERS ENTERPRISE LIMITED					
5	CAREERS ENTERPRISE (FUTURES) LIMITED					
6	SUSSEX CONNEXIONS LIMITED					
7	SURREY CONNEXIONS PARTNERSHIP LIMITED					
8	CONNEXIONS PARTNERSHIP KENT & MEDWAY LIMITED					
9	THE INSTITUTE OF CAREER GUIDANCE					
10	CAREERS ENGLAND LIMITED					
11	LONDON EAST ADVICE PARTNERSHIP LIMITED					
12	VT CAREER PROGRESSIONS LIMITED					
13	VT SOUTHERN CAREERS LIMITED					
14	VT WEST SUSSEX CAREERS LIMITED					
15	SURREY CAREERS SERVICES LIMITED					
16	VT CAREERS MANAGEMENT LIMITED					
17	PROGRESSIONS LIMITED					
18	CONNEXIONS PARTNERSHIP MILTON KEYNES OXFORDSHIRE 8					
	BUCKINGHAMSHIRE LIMITED					

SOUTH CENTRAL CONNEXIONS PARTNERSHIP LIMITED

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