



Companies House

— for the record —

Please complete in typescript,
or in bold black capitals.

CHFP000

288b²

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

Company Number

3822445

Company Name in full

WELLOW HEALTH AND FITNESS LTD

Date of termination of appointment

Day Month Year

04 02 2003

as director

☒

as secretary

☐

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

NAME

*Style / Title

MR

*Honours etc

Please insert
details as
previously
notified to
Companies House.

Forename(s)

RONALD ERNEST

Surname

CHALK

Day Month Year

†Date of Birth

16 10 1937

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

Signed

Pamela R Chalk

Date

12 Feb '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.

MRS P CHALK

WOODSMOKE, EMBLEY LANE, ROMSEY

HANTS SOS16DN Tel 01794 512486

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, 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



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COMPANIES HOUSE

0527
18/02/03

Form revised 1999