



Companies House

— for the record —

288b

Please complete in typescript,
or in bold black capitals.

CHWP000

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

Company Number

03972242

Company Name in full

UK COLLEGE OF NUTRITION &
HEALTH LIMITED

Date of termination of appointment

Day	Month	Year
15	08	2009

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)

ALISTAIR HAROLD

Surname

RICKARDS

†Date of Birth

Day	Month	Year

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

Signed

A H Rickards

Date

15 AUG 2009

* Voluntary details.

† Directors only.

** Delete as appropriate

(** serving director / 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.

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, CF14 3UZ DX 33050 Cardiff
for companies registered in England and Wales or
Companies House, 139 Fountainbridge, Edinburgh, EH3 9FF
for companies registered in Scotland

DX 235 Edinburgh
or LP - 4 Edinburgh

TUESDAY



PC4

P7PZACIO

18/08/2009

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COMPANIES HOUSE