



Companies House
for the record

Please complete in typescript,
or in bold black capitals.

CHWP000

Company Number

04292768

Company Name in full

ABSOLUTE HEALTH AND FITNESS LTD.

**Changes of
particulars
form**

Complete in all cases

Date of change of particulars

Day Month Year

07 12 2007

Name

*Style / Title

Mr.

*Honours etc

Forename(s)

GREGORY

Surname

RYAN

† Date of Birth

Day Month Year

28 03 1967

Change of name (enter new name) Forename(s)

Surname

Change of usual residential address ††

(enter new address)

†† 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

☐

Post town

CHEARSLEY BUCKS

County / Region

Country

UK

Postcode

HP18 0BY

Other change
(please specify)

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

Signed

Date

18/11/08

(* 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
available to searchers of the public record.

THURSDAY



A23

AA47Y564

27/11/2008

224

COMPANIES HOUSE

Form 288c

288c

**CHANGE OF PARTICULARS for director
or secretary (NOT for appointment (use Form
288a) or resignation (use Form 288b))**

KING & KING	
ROXBURCHE HOUSE	
273/287 REGENT STREET	
LONDON W1B 2HA	
DX number	TELEPHONE 07302
FAC	DX exchange 20

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
or LP - 4 Edinburgh 2