

The Insolvency Act 1986

Notice of administrator's appointment

Name of Company Absolute Health and Fitness Limited	Company number 04292768
In the High Court of Justice, Chancery Division [full name of court]	Court case number 11657 of 2009

(a) Insert full name(s) and address(es)

I (a) **Ian Franes**
of
Ian Franes Associates
24 Conduit Place
London W2 1EP

give notice that I was appointed as administrator of the above company on:

(b) Insert date

(b) **19 March 2009**

Signed

Dated **19 March 2009**

Administrator (IP No 2294)

Contact Details:

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

Ian Franes Associates	
24 Conduit Place, London W2 1EP	
Ref:	Tel: 020 7262 1199
DX Number	DX Exchange

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

Companies House, Crown Way, Cardiff, CF14 3UZ

DX 33050 Cardiff

THURSDAY



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26/03/2009

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COMPANIES HOUSE