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288a

Please complete in typescript,
or in bold black capitals.

CHFP025

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

Company Number

5110137

Company Name in full

METROPOLITAN LIFECARE LIMITED

Date of
appointment

Day Month Year
1 8 0 6 2 0 0 4

†Date of
Birth

Day Month Year
3 0 0 3 1 9 6 6

Appointment form Appointment as director

☒ as secretary ☒

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

NAME *Style / Title

MR *Honours etc

Notes on completion
appear on reverse.

Forename(s)

CHARLES HENRY

Surname

KNIGHT

Previous
Forename(s)

Previous
Surname(s)

Usual residential
address ††

TYTHEGSTON COURT, TYTHEGSTON



Post town

BRIDGEND

Postcode

CF32 ONE

County / Region

MID GLAMORGAN

Country

WALES

†Nationality

BRITISH

†Business occupation

DIRECTOR

†Other directorships
(additional space overleaf)

SEE ATTACHED SCHEDULE

Consent signature

Date

29/6/04

* Voluntary details.

† Directors only.

**Delete as appropriate

A director, secretary etc must sign the form below.

Signed

Date

18/06/04

(** a 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.

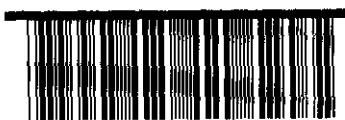
M and A Solicitors

Kenneth Pollard House, 5-19 Cowbridge Road East,
Cardiff, CF11 9AB

Tel (029) 20665793

DX number 141879

DX exchange Cardiff 28



A19 0312
COMPANIES HOUSE 02/07/04

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

Company Number

5110137

† 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.

Schedule of Directorships

Charles Knight

Company Name

Tythegston Properties Limited
Nexuscraft Limited
Mansford Wales Limited
M H (Globe Cardiff) Limited
Johm (Neath) Limited
Old Brewery Quarter Developments Limited
Mansford Biotrace Limited
Mansford Holdings PLC
Brain Mansford Estates Limited
Mansford Capital Limited
Mansford Pontrilas Limited
Black Bag Energy Limited
MH Cardiff GP Limited
Caeau Newydd Limited
J-Wharf Limited
MH (Northampton) Limited
MH (Westminster House) Limited
MH (Orchard Place) Limited
MH (Holtender) Limited