In accordance with Section 167 of the Companies Act 2006

APO1

Appointment of director

This form is part of the PROOF scheme. If your company is registered for PROOF, paper versions of this form will be rejected and sent back to the registered office address. Avoid unnecessary rejection and file online. You can view your company's PROOF status on the WebFiling Menu Screen.



You can use the WebFiling service to file this form online Please go to www.companieshouse.gov.uk

✓ What this form is for

You may use this form to appoint
an individual as a director

What this form is NOT for You cannot use the form to app a corporate director To do this, please use form APO2 'Appointn of corporate director'



17/11/2010 COMPANIES HOUSE

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		COMPANIES HOUSE
1	Company details	
Company number	05179370	→ Filling in this form Please complete in typescript or in
Company name in full	ABBOTT FROST LOO	bold black capitals
		All fields are mandatory unless specified or indicated by *
2	Date of director's appointment	
Date of appointment	0 2 7 72 6 1 6	
3	New director's details	Please provide any previous names which have been used for business purposes in the past 20 years Married women do not need to give former names unless previously used for business purposes
Title*		
Full forename(s)	SANDEA JANE	
Surname	SANDRA JANE FROST	
Former name(s) •		Continue in section 6 if required
Country/State of residence •	UK	● Country/State of residence This is in respect of your usual residential address as stated in Section 4a ● Business occupation If you have a business occupation, please enter here If you do not, please leave blank
Nationality	ENGUSH	
Date of birth	114 03 161	
Business occupation (if any)	TEACHER	
4	New director's service address O	
	Please complete your service address below You must also complete your usual residential address in Section 4 a	© Service address This is the address that will appear on the public record This does not
Building name/number	THE COMPANY'S REGISTERED OFFICE	have to be your usual residential
Street		address Please state 'The Company's
		Registered Office' if your service address is recorded in the company's
Post town		register of directors as the company's registered office
County/Region		If you provide your residential
Postcode		address here it will appear on the public record
Country		

APO1 Appointment of director

5	Signatures	
	I consent to act as director of the above named company	• Societas Europaea If the form is being filed on behalf
New director's signature	× Sandra frost. x	of a Societas Europaea (SE) please delete 'director' and insert details of which organ of the SE the persor signing has membership
Authorising signature	X A 1000H	Person authorised Under either section 270 or 274 of the Companies Act 2006
	This form may be signed and authorised by Director , Secretary, Person authorised , Administrator, Administrative Receiver, Receiver, Receiver manager, Charity commission receiver and manager, CIC manager, Judicial factor	
6	Additional former names (continued from Section 3)	
Former names 🔨		● Additional former names Use this space to enter any additional names

Presenter information You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record PERCY Address FARM SANOHILLS WETHERSFIELD Post town County/Region Postcode Country DΧ

Checklist

Telephone

We may return forms completed incorrectly or with information missing

01371-850704

Please make sure you have remembered the following

- ☐ The company name and number match the information held on the public Register
- You have provided a business occupation if you have one
- You have provided a correct date of birth
- You have completed the date of appointment
- You have completed the nationality box in Section 3
- ☐ You have provided both the service address and the usual residential address
- □ Addresses must be a physical location They cannot be a PO Box number (unless part of a full service address), DX or LP (Legal Post in Scotland) number
- You have included all former names used for business purposes over the last 20 years
- You have enclosed a relevant section 243 application if applying for this at the same time as completing this form
- ☐ The new director has signed the form
- ☐ You have provided an authorising signature

Important information

Please note that all information on this form will appear on the public record, apart from information relating to usual residential addresses

Where to send

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You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below

For companies registered in England and Wales The Registrar of Companies, Companies House, Crown Way, Cardiff, Wales, CF14 3UZ DX 33050 Cardiff

For companies registered in Scotland The Registrar of Companies, Companies House, Fourth floor, Edinburgh Quay 2, 139 Fountainbridge, Edinburgh, Scotland, EH3 9FF . DX ED235 Edinburgh 1 or LP - 4 Edinburgh 2 (Legal Post)

For companies registered in Northern Ireland The Registrar of Companies, Companies House, Second Floor, The Linenhall, 32-38 Linenhall Street, Belfast, Northern Ireland, BT2 8BG DX 481 N R Belfast 1

Section 243 exemption

If you are applying for, or have been granted a section 243 exemption, please post this whole form to the different postal address below The Registrar of Companies, PO Box 4082, Cardiff, CF14 3WE

Further information

For further information please see the guidance notes on the website at www companieshouse gov uk or email enquiries@companieshouse gov uk

This form is available in an alternative format. Please visit the forms page on the website at www.companieshouse.gov.uk