

SIDE

288a

Please complete in typescript,
or in bold black capitals.

CHFP096

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

Company Number

5677303

Company Name in full

PRO ATHLETE SUPPLEMENTATION LIMITED

Date of
appointmentDay Month Year
1 7 0 1 2 0 0 6†Date of
Birth

1 2 0 8 1 9 7 2

**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)

JONATHAN DAVID

Surname

WILLIAMS

Previous
Forename(s)Previous
Surname(s)Usual residential
address

8, DENNITHORNE CLOSE, OLD FORGE PARK

Post town

MERTHYR TYDFIL

Postcode

CF48 3HE

County / Region

MID GLAM.

Country

WALES

†Nationality

BRITISH

†Business occupation

NUTRITIONIST

†Other directorships
(additional space overleaf)

OPTIMUM PERFORMANCE NUTRITION LIMITED

I consent to act as ** director / secretary of the above named company

Consent signature

Date

17/1/06

A director, secretary etc must sign the form below.

Signed

Date

17/1/06

* Voluntary details.

† Directors only.

** Delete as appropriate

Please give the name, address,
telephone number and, if available,
a DX number and Exchange of
the person Companies House should
contact if there is a query.

PUB
COMPANIES HOUSE270
24/01/2006

75Side Limited (FF/6923)

1st Floor 14/18 City Road

Cardiff CF24 3DL

Tel 029 20451444

DX number DX 33044

DX exchange Cardiff 1

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

5603228

*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.