

BLUEPRINT

2000

288a

## APPOINTMENT of director or secretary

(NOT for resignation (use Form 288b) or  
change of particulars (use Form 288c))Please complete in typescript,  
or in bold black capitals.

CHFP010

Company Number

5768129

Company Name in full

London &amp; Regional (Health Clubs No 4) Limited

Appointment  
formNotes on completion  
appear on next page

Appointment as director

Day Month Year  
06 11 2008Day Month Year  
25 04 1962† Date of Birth  
Please mark the appropriate box. If appointment is  
as a director and secretary mark both boxes

X as secretary X

NAME \* Style / Title

\* Honours etc

Forename(s)

Ian Michael Brian

Surname

Harris

Previous  
forename(s)Previous  
surname(s)Usual residential  
address

Meadowsteep, Berry Lane

Post town

Chorleywood

Postcode

WD3 5EY

County / Region

Hertfordshire

Country

† Nationality

British

† Business  
occupation

Chartered Accountant

† Other directorships  
(additional space next page)

None

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

Consent signature

Date

6/11/08

\* Voluntary details

† Directors only

\*\* Please delete as appropriate

A director, secretary etc must sign the form below

Signed

Date

6.11.08

(\*\*a director / ~~secretary~~ / administrator / administrative receiver / receiver manager / receiver)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 any query

UHY City Registrars, Quadrant House, Floor 6,

17 Thomas More Street, Thomas More Square, London,

E1W 1YW

Tel

DX number

DX exchange

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

865562

or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB

for companies registered in Scotland

DX 235 Edinburgh

WEDNESDAY



LD3

\*LEFW14YD\*

19/11/2008

57

COMPANIES HOUSE

**Company Number**

5768129

† 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