

BLUEPRINT

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288a

APPOINTMENT of director or secretary

Please complete in typescript,
or in bold black capitals.

CHFP010

Company Number

5768129

Company Name in full

London & Regional (Health Clubs No.4) Limited

David Lloyd

Appointment form

Notes on completion
appear on next page.

Appointment as director

Day	Month	Year	Day	Month	Year
06	11	2008	25	04	1963

† Date of Birth

☒

as secretary

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

NAME * Style / Title

* Honours etc

Forename(s)

Nicholas Paul

Surname

Backhouse

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

30 Cathcart Road

Post town

London

Postcode

SW10 9NN

County / Region

Country

† Nationality

British

† Business
occupationChief Operating
Officer

† Other directorships
(additional space next page)

None

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

Consent signature

N Paul

Date

29/4/09

* Voluntary details.

† Directors only.

** Please delete as appropriate

A director, secretary etc must sign the form below.

Signed

D Paul

Date

29/4/09

(**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

or companies registered in England and Wales

865562

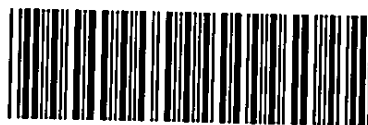
or

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

or companies registered in Scotland

DX 235 Edinburgh

TUESDAY



LD3

L6RVN9LU

05/05/2009

239

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.