



288a

Please complete in typescript,
or in bold black capitals.

CHWP000

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

Company Number 06458319

Company Name in full Trainforlife

Date of appointment
Day: 2, Month: 1, Year: 2008

†Date of Birth
Day: 1, Month: 3, Year: 1955

Appointment form

Appointment as director ☒

as secretary ☒

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

Notes on completion appear on reverse

NAME *Style / Title

ms

*Honours etc

Forename(s)

Susan

Surname

Garnett

Previous Forename(s)

Previous Surname(s)

†† Tick this box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under the provisions of section 723B of the Companies Act 1985

†† Usual residential address

59 High Road

Post town

North Weald

Postcode

CM16 6HP

County / Region

Essex

Country

†Nationality

British

†Business occupation

research analyst

†Other directorships (additional space overleaf)

Consent signature

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

S. Garnett

Date

21.1.08

* Voluntary details

† Directors only

**Delete as appropriate

A director, secretary etc must sign the form below.

Signed

S. Garnett

Date

21.1.08

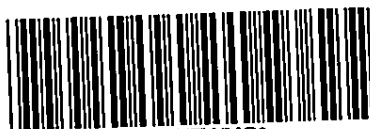
(*a director / secretary / administrator / administrative receiver / receiver manager / receiver)

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

Tel

DX number

DX exchange



A39 24/01/2008 21
COMPANIES HOUSE

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

† 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