



Companies House

for the record

Please complete in typescript,  
or in bold black capitals.

CHWP000

# 288b

## Terminating appointment as director or secretary (NOT for appointment (use Form 288a) or change of particulars (use Form 288c))

Company Number

6584992

Company Name in full

ABSOLUTE HEALTH BRISTOL LIMITED

Date of termination of appointment

Day Month Year  
16 02 2009

as director

☒

as secretary

☒

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

NAME

\*Style / Title

MR

\*Honours etc

Please insert  
details as  
previously  
notified to  
Companies House.

Forename(s)

JAMES LAWRENCE

Surname

TUCKER

†Date of Birth

Day Month Year  
07 09 1967

A serving director, secretary etc must sign the form below.

Signed

Date

16/02/09

\* Voluntary details.

† Directors only.

\*\* Delete as appropriate

(\*\* serving 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 public  
register.

|                   |                  |
|-------------------|------------------|
| James Tucker      |                  |
| 79 Whitson Avenue |                  |
| Bristol           | Tel 07725 054292 |
| 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 or  
Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB  
for companies registered in Scotland

DX 235 Edinburgh  
or LP - 4 Edinburgh



A09

\*AYC807GF\*

17/02/2009

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COMPANIES HOUSE

Form revised 10/00

TUESDAY