

This information can be filed securely and accurately online using WebFiling. This downloadable form, however, contains no inbuilt checks and must be printed, signed and posted to Companies House for manual processing.



Please complete in typescript,
or in bold black capitals.

CHWP000

288a

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

Company Number

6656308

Company Name in full

5 SUNNYSIDE MANAGEMENT (LIVERPOOL) COMPANY
LIMITED

Date of
appointment

Day Month Year
1 6 09 2 0 0 8

†Date of
Birth

Day Month Year
1 9 0 1 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

*Honours etc

Notes on completion
appear on reverse.

Forename(s)

CLARE CATHERINE

Surname

OWENS

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

Post town

LIVERPOOL

Postcode

L8 3TD

County / Region

MERSEYSIDE

Country

ENGLAND

†Nationality

BRITISH

†Business occupation

FREELANCE HEALTH WORKER

†Other directorships
(additional space overleaf)

Consent signature

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

Clare Owens

Date

16/9/2008

* Voluntary details.

† Directors only.

**Delete as appropriate

A director, secretary etc must sign the form below.

Signed

[Signature]

Date

16/9/2008

(**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
the

J.M. CORKE SOLICITOR

294 AIGBURN ROAD LIVERPOOL

L17 9PW Tel 0151 726 0443

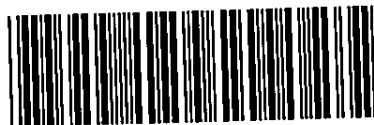
DX number

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 2



AYQFK5RT

A24 18/12/2008
COMPANIES HOUSE

A26 05/12/2008
COMPANIES HOUSE

Je
large

THURSDAY

Company Number

~~62855009~~ 6656308

T. McNamee 15/12/08

† Directors only.

† Other directorships

SQUASH NUTRITION

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.