



Please complete in typescript,
or in bold black capitals.

CHFP000

288a

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

Company Number **6727083**

Company Name in full **Exercise Express Limited**

Date of
appointment

Day Month Year
1 7 1 0 2 0 0 8

†Date of
Birth

Day Month Year
2 0 0 2 1 9 7 3

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

MR

*Honours etc

Notes on completion
appear on reverse

Forename(s)

GARY WAYNE

Surname

HOBSON

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

6 SHELLEY Rise

Post town

DUKINFIELD

Postcode

SK16 5EF

County / Region

CHESHIRE

Country

UK

†Nationality

BRITISH

†Business occupation

NONE

†Other directorships
(additional space overleaf)

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

Consent signature

Date

17/10/2008

* Voluntary details

† Directors only

**Delete as appropriate

A director, secretary etc must sign the form below.

Signed

THEYDON SECRETARIES LTD

Date

17/10/2008

(*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 give will be visible to searchers of

Unit 306 The Innovation Centre Vienna Court

Kirkleatham Business Park Redcar

TS10 5SH

Tel **01642 489 045**

DX number

DX exchange



A62

AOZFG4FB
31/10/2008
COMPANIES HOUSE

458

irge

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

DX 235 Edinburgh

for companies registered in Scotland

or LP - 4 Edinburgh 2

FRIDAY

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