

# AP01

## Appointment of director



You can use the WebFiling service to file this form online  
Please go to [www.companieshouse.gov.uk](http://www.companieshouse.gov.uk)

☒ What this form is for  
You may use this form to appoint  
an individual as a director

☐ What this form is NO  
You cannot use the form  
a corporate director To  
please use form AP02 'A  
of corporate director'

THURSDAY



A07 \*A18NLVNN\* #209  
10/05/2012  
COMPANIES HOUSE

### 1 Company details

Company number 0 8 0 4 2 5 9 3

Company name in full ICAN Personal Training (Alderley Edge) Limited

→ Filling in this form  
Please complete in typescript or in  
bold black capitals  
All fields are mandatory unless  
specified or indicated by \*

### 2 Date of director's appointment

Date of appointment d 2 d 4 m 0 m 4 y 2 y 0 y 1 y 2

### 3 New director's details

Title\* Mr

Full forename(s) Ryan Gerard

Surname Atherton

Former name(s) ①

Country/State of residence ② England

Nationality British

Date of birth d 2 d 6 m 0 m 9 y 1 y 9 y 8 y 2

Business occupation  
(if any) ③

① Former name(s)  
Please provide any previous names  
which have been used for business  
purposes in the past 20 years.  
Married women do not need to give  
former names unless previously used  
for business purposes  
Continue in section 6 if required  
② Country/State of residence  
This is in respect of your usual  
residential address as stated in  
Section 4a  
③ Business occupation  
If you have a business occupation,  
please enter here. If you do not,  
please leave blank

### 4 New director's service address ④

Please complete your service address below. You must also complete your usual  
residential address in Section 4a

Building name/number 28

Street Fistril Avenue  
Heald Green

Post town Cheadle

County/Region Cheshire

Postcode S K 8 3 H B

Country England

④ Service address  
This is the address that will appear  
on the public record. This does not  
have to be your usual residential  
address.  
Please state 'The Company's  
Registered Office' if your service  
address is recorded in the company's  
register of directors as the  
company's registered office.  
If you provide your residential  
address here it will appear on the  
public record.

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## Appointment of director

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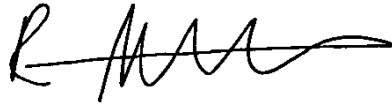
## Signatures

I consent to act as director of the above named company

New director's  
signature

Signature

X



X

Authorising signature

Signature

X



X

This form may be signed and authorised by  
 Director <sup>①</sup>, Secretary, Person authorised <sup>②</sup>, Administrator, Administrative  
 Receiver, Receiver, Receiver manager, Charity commission receiver and manager,  
 CIC manager, Judicial factor

**① Societas Europaea**

If the form is being filed on behalf  
 of a Societas Europaea (SE) please  
 delete 'director' and insert details  
 of which organ of the SE the person  
 signing has membership

**② Person authorised**

Under either section 270 or 274 of  
 the Companies Act 2006

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## Additional former names (continued from Section 3)

Former names <sup>③</sup>

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**③ Additional former names**

Use this space to enter any  
 additional names

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Appointment of director

**Presenter information**

You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record

Contact name

Company name

**Matthews Sutton & Co Limited**

Address

**52 Penny Lane****Mossley Hill**

Post town

**Liverpool**

County/Region

**Merseyside**

Postcode

**L 1 8 1 D G**

Country

**England**

DX

Telephone

**0151 734 4789****Checklist**

**We may return forms completed incorrectly or with information missing.**

**Please make sure you have remembered the following.**

- ☐ The company name and number match the information held on the public Register
- ☐ You have provided a business occupation if you have one
- ☐ You have provided a correct date of birth
- ☐ You have completed the date of appointment
- ☐ You have completed the nationality box in Section 3
- ☐ You have provided both the service address and the usual residential address
- ☐ Addresses must be a physical location. They cannot be a PO Box number (unless part of a full service address), DX or LP (Legal Post in Scotland) number
- ☐ You have included all former names used for business purposes over the last 20 years
- ☐ You have enclosed a relevant section 243 application if applying for this at the same time as completing this form
- ☐ The new director has signed the form
- ☐ You have provided an authorising signature

**Important information**

**Please note that all information on this form will appear on the public record, apart from information relating to usual residential addresses**

**Where to send**

**You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below**

**For companies registered in England and Wales**  
The Registrar of Companies, Companies House,  
Crown Way, Cardiff, Wales, CF14 3UZ  
DX 33050 Cardiff

**For companies registered in Scotland**

The Registrar of Companies, Companies House,  
Fourth floor, Edinburgh Quay 2,  
139 Fountainbridge, Edinburgh, Scotland, EH3 9FF  
DX ED235 Edinburgh 1  
or LP - 4 Edinburgh 2 (Legal Post)

**For companies registered in Northern Ireland**

The Registrar of Companies, Companies House,  
Second Floor, The Linenhall, 32-38 Linenhall Street,  
Belfast, Northern Ireland, BT2 8BG  
DX 481 N R Belfast 1

**Section 243 exemption**

If you are applying for, or have been granted a section 243 exemption, please post this whole form to the different postal address below  
The Registrar of Companies, PO Box 4082,  
Cardiff, CF14 3WE

**Further information**

For further information please see the guidance notes on the website at [www.companieshouse.gov.uk](http://www.companieshouse.gov.uk) or email [enquiries@companieshouse.gov.uk](mailto:enquiries@companieshouse.gov.uk)

**This form is available in an alternative format. Please visit the forms page on the website at [www.companieshouse.gov.uk](http://www.companieshouse.gov.uk)**