

**FORM 8.1/8.3**

**Lodge with a RIS or Newstrack, if appropriate, and the Takeover Panel.**  
Use a separate form for each class of securities in which dealings have been made.

Date of disclosure: **12/03/03**

**DISCLOSURE UNDER RULES 8.1(a), 8.1(b)(i) AND 8.3 OF THE  
CITY CODE ON TAKEOVERS AND MERGERS**

Date of dealing: **11/03/03**

Dealing in: **Fitness First PLC**

(1) Class of securities (e.g. ordinary shares): **Ordinary Shares of 12.5p**

(2) (a) Amount bought: **255,000**

(2) (b) Amount(s) sold: **N/A**

(2) (c) Price(s) per unit: **136.0p**

(3) (a) Resultant total of the same class owned or controlled (and percentage of class): **6,676,030 (5.78%)**

(4) Party making disclosure: **Aberforth Partners**

(5) **EITHER** (a) Name of purchaser/vendor (Note 1): **N/A**

**OR** (b) If dealing for discretionary client(s), name of fund management organisation: **Aberforth Partners**

(6) Reason for disclosure (Note 2):

(a) **associate of:**

(i) offeror (Note 3): **NO**

(ii) offeree company: **NO**

Specify which category or categories of associate (1-8 overleaf): **N/A**

If category (8), explain: **N/A**

(b) **Rule 8.3** (i.e. disclosure because of ownership or control of 1% or more of the class of relevant securities dealt in): **YES**

Signed, for and on behalf of the party named in (4) above:

**N/A - Electronic Submission**

(Also print name of signatory):

**Angus McCallum, For Aberforth Partners**

Telephone and extension number:

**0131 220 0733**

*Note 1. Specify owner, not nominee or vehicle company. If relevant, also identify controller of owner, e.g. where an owner normally acts on instructions of a controller.*

*Note 2. Disclosure might be made for more than one reason; if so, state all reasons.*

*Note 3. Specify which offeror if there is more than one.*

*Note 4. When an arrangement exists with any offeror, with the offeree company or with an associate of any offeror or of the offeree company in relation to relevant securities, details of such arrangement must be disclosed, as required by Note 6 on Rule 8.*

*Note 5. It may be necessary, particularly when disclosing derivative transactions, to append a sheet to this disclosure form so that all relevant information can be given.*

*Note 6. In the case of an average price bargain, each underlying trade should be disclosed.*

For full details of disclosure requirements, see Rule 8 of the Code. If in doubt, contact the Panel on Takeovers and Mergers, Monitoring Section, Tel No: 020 7638 0129. [E-mail: monitoring@disclosure.org.uk](mailto:monitoring@disclosure.org.uk).