



**Companies House**

— for the record —

Company Name

**BENCHMARK PHYSICAL  
LABORATORIES LIMITED**

Company Type

**Private Company Limited By  
Shares**

Company Number

**3243344**

Information extracted from  
Companies House records on  
**8th August 2000**

## 363s Annual Return

- > Please check the details printed in blue on this statement.
- > If any details are wrong, strike them through and write the correct details in the "Amended details" column.
- > Please use black pen and write in capitals.



A35 \*AUBYS6TAM\* 0564  
COMPANIES HOUSE 23/08/00

### Section 1: Company details

Ref: 3243344/03/10

	Current details	Amended details																
> Registered Office Address <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<b>59 Union Street Dunstable Bedfordshire LU6 1EX</b>	Address _____ _____ _____ UK Postcode    _ _ _ _ _																
> Register of Members <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<b>Address where the Register is held</b>  <b>At Registered Office</b>	Address _____ _____ _____ UK Postcode    _ _ _ _ _																
> Register of Debenture Holders <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<b>Not Applicable</b>	Address _____ _____ _____ UK Postcode    _ _ _ _ _																
> Principal Business Activities <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<table border="1"> <thead> <tr> <th>SIC Code</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td><b>7484</b></td> <td><b>Other business activities</b></td> </tr> </tbody> </table>	SIC Code	Description	<b>7484</b>	<b>Other business activities</b>	<table border="1"> <thead> <tr> <th>SIC CODE</th> <th>Description</th> </tr> </thead> <tbody> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> </tbody> </table>	SIC CODE	Description	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
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_____	_____																	
> Please enter additional principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes.																		

## Section 2: Details of Officers of the Company

	Current details	Amended details
<b>&gt; Company Secretary</b> <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>  <i>Particulars of a new Company Secretary must be notified on form 288.</i>	<b>Name</b> Ian Couper MITCHELL  <b>Address</b> 49 Parkfield Crescent Kimpton Hitchin Hertfordshire SG4 8EQ	<b>Name</b> _____ <b>Address</b> _____ _____ _____ UK Postcode    _____ Date of change    ____ / ____ / ____ Date Ian Couper MITCHELL ceased to be secretary (if applicable) ____ / ____ / ____
<b>&gt; Director</b> <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>  <i>Particulars of a new Director must be notified on form 288.</i>	<b>Name</b> Brian Edward COOK  <b>Address</b> Gosmore Bury Maydencroft Lane Gosmore Hitchin Hertfordshire SG4 7QD  <b>Date of birth</b> 03/05/1944  <b>Nationality</b> British  <b>Occupation</b> Director	<b>Name</b> _____ <b>Address</b> _____ _____ _____ UK Postcode    _____ Date of birth     ____ / ____ / ____ Nationality     _____ Occupation     _____ Date of change    ____ / ____ / ____ Date Brian Edward COOK ceased to be director (if applicable) ____ / ____ / ____
<b>&gt; Director</b> <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>  <i>Particulars of a new Director must be notified on form 288.</i>	<b>Name</b> Ian Couper MITCHELL  <b>Address</b> 49 Parkfield Crescent Kimpton Hitchin Hertfordshire SG4 8EQ  <b>Date of birth</b> 14/12/1953  <b>Nationality</b> British  <b>Occupation</b> Accountant	<b>Name</b> _____ <b>Address</b> _____ _____ _____ UK Postcode    _____ Date of birth     ____ / ____ / ____ Nationality     _____ Occupation     _____ Date of change    ____ / ____ / ____ Date Ian Couper MITCHELL ceased to be director (if applicable) ____ / ____ / ____

## Section 3: Share Capital

	Current details	Amended details
<b>&gt; Issued Share Capital</b> <i>This table shows the total number of shares that have been issued by your company and their Nominal Value. If any of the details are wrong, please fill in the correct details.</i>	<b>Class of share</b> Ordinary  <b>Nominal value of each share</b> £1.00  <b>Number of shares issued</b> 100  <b>Aggregate Nominal Value of issued shares</b> £100.00	<b>Class of share</b> _____ <b>Nominal value of each share</b> _____ <b>Number of shares issued</b> _____ <b>Aggregate Nominal Value of issued shares</b> _____
<b>&gt; Total shares issued and value</b> <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<b>Total number of shares issued</b> 100  <b>Total Nominal value of shares issued</b> £100.00	<b>Total number of shares issued</b> _____ <b>Total Nominal value of shares issued</b> _____
<b>&gt; At the date of this Annual Return, if the company has altered or changed its share capital in any way or allotted new shares, please refer to the guidance notes for details of the appropriate form that should be sent with this Annual Return. Annual return guidance notes are available on the Companies House web site at <a href="http://www.companieshouse.gov.uk">www.companieshouse.gov.uk</a> or by ringing 029 2038 0801.</b>		

**Section 4: Details of Shareholders**

- > The details we hold on your company's shareholders and their shareholdings are printed below. These are based on your last Annual Return.
- > If any details have changed, or if any shares have been transferred, please fill in the details in the "Amended details" or "Shares transferred" column.
- > Please give details of any other shareholders in Section 5.

Current details		Amended details		Shares transferred									
<b>&gt; Shareholder Name</b> Brian Edward COOK  <b>Address</b> Gosmore Bury Maydencroft Lane Gosmore Hitchin Hertfordshire SG4 7QD <b>Shares held</b> Class Ordinary Number 99	<b>Name</b> _____  <b>Address</b> _____ _____ _____  <b>UK Postcode</b> _ _ _ _ _ <b>Shares held</b> Class _____ Number _____ _____ _____	<b>Shares transferred by</b> Brian Edward COOK  <table border="0"> <thead> <tr> <th>Class</th> <th>Number</th> <th>Date of transfer</th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> <td>__/__/____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>__/__/____</td> </tr> </tbody> </table>			Class	Number	Date of transfer	_____	_____	__/__/____	_____	_____	__/__/____
Class	Number	Date of transfer											
_____	_____	__/__/____											
_____	_____	__/__/____											
<b>&gt; Shareholder Name</b> Mr Ian Couper MITCHELL  <b>Address</b> 49 Parkfield Crescent Kimpton Hitchin Hertfordshire SG4 8EQ  <b>Shares held</b> Class Ordinary Number 1	<b>Name</b> _____  <b>Address</b> _____ _____ _____  <b>UK Postcode</b> _ _ _ _ _ <b>Shares held</b> Class _____ Number _____ _____ _____	<b>Shares transferred by</b> Mr Ian Couper MITCHELL  <table border="0"> <thead> <tr> <th>Class</th> <th>Number</th> <th>Date of transfer</th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> <td>__/__/____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>__/__/____</td> </tr> </tbody> </table>			Class	Number	Date of transfer	_____	_____	__/__/____	_____	_____	__/__/____
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_____	_____	__/__/____											
_____	_____	__/__/____											

**Section 5: Details of Other Shareholders**

- > Please fill in details of any persons or corporate bodies who are shareholders of the company at the date of this return, but whose details are not printed in Section 4.
- > Also, provide the details of any persons who became but have ceased to be shareholders of the company since the date of the last annual return.
- > For jointly held shares please list those joint shareholders consecutively on the form. If a joint shareholder also holds shares in their own right, list that holding separately.
- > Please copy this page if there is not enough space to enter all the company's other shareholders.

Shareholders details	Class and number of shares or amount of stock held	Class and number of shares or amount of stock transferred (If appropriate)	Date of registration of transfer (If appropriate)
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _			



**Companies House**  
— for the record —

## 363s Annual Return Declaration

- > When you have checked all the sections of this form, please complete this page and sign the declaration below.
- > If you want to change the made up date of this annual return, please complete 2 below.

### 1. Declaration

- ☐ I confirm that the details in this annual return are correct as at the made-up-date (shown at 2 below). I enclose the filing fee of £15.

Signature

*[Handwritten Signature]*  
(Director / Secretary)

Date

22 / 08 / 2000

*This date must not be earlier than the  
return date at 2 below*

#### What to do now

Complete this page then send the whole of the Annual Return and the declaration to the address shown at 4 below.

### 2. Date of this return

- ☒ This AR is made up to 22/8/2000

If you are making this return up to an earlier date,  
please give the date here

\_\_ / \_\_ / \_\_\_\_

*Note: The form must be delivered to CH within 28 days of this date*

### 3. Date of next return

- ☐ If you wish to change your next return to a date earlier than **22nd August 2001** please give the new date here:

\_\_ / \_\_ / \_\_\_\_

### 4. Where to send this form

- ☐ Please return this form to:  
Registrar of Companies  
Companies House  
Crown Way  
Cardiff CF14 3UZ

OR

For members of the Hays Document  
Exchange service  
DX 33050 Cardiff

**Have you enclosed the filing fee with the company number written on the reverse of the cheque?**

Cheque



Postal Order



Cheque / Postal Order  
Number \_\_\_\_\_

*(Please complete as appropriate)*

### Contact Address

Please give the name and address of the person who should be contacted if there are any queries about this form.

Contact Name

I.C. MITCHELL

Telephone number inc code

01582 669305

Address

61 UNION STREET  
JUNISTABLE  
BEDS

DX number if applicable

\_\_\_\_\_  
DX exchange

Postcode

L46 1EX