



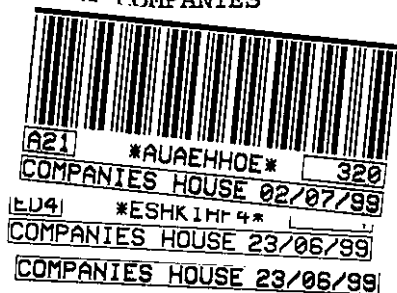
COMPANIES HOUSE

LR
11
000143

363s

Annual Return

THE REGISTER OF COMPANIES
COMPANIES
CROWN W
CARDIFF
CF4 3UZ



of company number 03375419

X

company name

HUMAN CAPITAL RESOURCES LIMITED

company type

PRIVATE COMPANY LIMITED BY SHARES

This form should be completed in black ink.

The information printed below is taken from Companies House records as at 07/05/99

If this information requires amendment use the spaces opposite.

Date of this return (See note 1)

The information in this return should be made up to a date not later than

| Day | Month | Year |
|-----|-------|------|
| 23 | 05 | 99 |

Date of next return (See note 2)

If you wish to make your next return to a date earlier than the anniversary of this return please show the date here. Companies House will then send a form at the appropriate time.

| Day | Month | Year |
|-----|-------|------|
| | | |

| Day | Month | Year |
|-----|-------|------|
| | | |

Registered Office (See note 3)

This is the address registered by Companies House.

7 QUEENS ROAD
TWICKENHAM
TW1 4EZ

.....

.....

.....

.....

Principal business activities (See note 4)

Trade classification is

7484 OTHER BUSINESS ACTIVITIES

| | | | |
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If the code cannot be determined from the notes, give a brief description of principal activity.

03375419

Register of members *(See note 5)*

The register is kept at

REGISTERED OFFICE

If the information shown needs amendment, give details below and, for secretary and director particulars, the date of any change.

Register of debenture holders *(See note 6)*

Any register of debenture holders (or duplicate) is kept at

Company Secretary *(See note 7)*

Particulars of a new secretary **must** be notified on form 288.

JUDITH KATHLEEN
VERITY
7 QUEENS ROAD
TWICKENHAM
MIDDLESEX TW1 4EZ

| Day | Month | Year |
|-----|-------|------|
| | | |

 Date of any change.

If this person has ceased to be secretary, please state when.

| Day | Month | Year |
|-----|-------|------|
| | | |

 Date of resignation.

Directors *(See note 7)*

Particulars of a new director **must** be notified on form 288.

JOHN BUCKLEY
VERITY
7 QUEENS ROAD
TWICKENHAM
MIDDLESEX TW1 4EZ

| Day | Month | Year |
|-----|-------|------|
| | | |

 Date of any change.

Date of Birth:- 21/08/47

Nat:BRITISH

Occ:PETROLEUM INVESTMENT CONSULTAN

If this person has ceased to be director, please state when.

| Day | Month | Year |
|-----|-------|------|
| | | |

 Date of resignation.

Show any relevant current and previous directorships.

LENTON UP LIMITED

03375419

Directors - continued

Particulars.

JUDITH KATHLEEN
VERITY
7 QUEENS ROAD
TWICKENHAM
MIDDLESEX TW1 4EZ

Date of Birth:- 30/08/47

Nat:BRITISH

Occ:TRAINING CONSULTANT

If this person has ceased to be director, please
state when.

Show any relevant current and previous directorships.

If the information shown needs amendment,
give details below and the date of any change.

| Day | Month | Year |
|-----|-------|------|
| | | |

Date of any change.

| Day | Month | Year |
|-----|-------|------|
| | | |

Date of resignation.

LIGHTEN UP LIMITED

Particulars.

NO MORE DIRECTORS - ADDITIONAL SECRETARIES
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

| Day | Month | Year |
|-----|-------|------|
| | | |

Date of any change.

If this person has ceased to be director, please
state when.

Show any relevant current and previous directorships.

| Day | Month | Year |
|-----|-------|------|
| | | |

Date of resignation.

Particulars.

NO MORE DIRECTORS - ADDITIONAL SECRETARIES
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

| Day | Month | Year |
|-----|-------|------|
| | | |

Date of any change.

If this person has ceased to be director, please
state when.

Show any relevant current and previous directorships.

| Day | Month | Year |
|-----|-------|------|
| | | |

Date of resignation.

03375419

Issued Share Capital (See note 8)

Enter details of all shares in issue at the date of this return.

| Class (eg Ordinary/ Preference etc) | Number of shares issued | Aggregate nominal value (ie Number of shares issued multiplied by nominal value per share) |
|---|----------------------------|--|
| ORDINARY | 1000 | £1000 |
| | | |
| | | |
| | | |
| Totals | 1000 | £1000 |

List of past and present members

(See note 9)

(Use attached schedule where appropriate)

A full list is required if one was not included with either of the last two returns.

Please mark the appropriate box.

There were no changes in the period



on paper not on
paper

The last full members list was at 23/05/98

A list of changes is enclosed



A full list of members is enclosed

**Elective resolutions** (See note 10)

(Private companies only)

If an elective resolution is in force at the date of this return to dispense with annual general meetings, *mark this box*.



If an elective resolution is in force at the date of this return to dispense with laying accounts in general meetings, *mark this box*.

**Certificate**

I certify that the information given in this return is true to the best of my knowledge and belief.

Signed

Date

Secretary/Director*

*(delete as appropriate)

This return includes No continuation sheets.
(enter number)

Please ensure that you have completed all sections on this page.

I enclose the fee of **£15**.

Cheques should be made payable to **Companies House**.

To whom should Companies House direct any enquiries about the information shown in this return?----->

JOHN B. VIGLEY
7 QUEENS ROAD,
TWICKENHAM
Postcode TW1 4EZ
Telephone 0181. 744 9242 Ext