



Companies House
— for the record —

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Annual Return



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Received for filing in Electronic Format on the: **18/02/2009**

Company Name: **LIGHTEN UP LIMITED**

Company Number: **03512452**

Company Details

Period Ending: **18/02/2009**

Company Type: **PRIVATE COMPANY LIMITED BY SHARES**

Principal Business Activities:

SIC codes:

7499

*Registered Office
Address:*

**BUPA HOUSE 15-19
BLOOMSBURY WAY
LONDON
ENGLAND
WC1A 2BA**

*Register of
Members Address:*

**BUPA HOUSE 15-19
BLOOMSBURY WAY
LONDON
ENGLAND
WC1A 2BA**

*Register of Debenture
Holders Address:*

Details of Officers of the Company

Company Secretary 1:

Name: **BUPA SECRETARIES
LIMITED**

Address: **BUPA HOUSE 15-19 BLOOMSBURY
WAY
LONDON
ENGLAND
WC1A 2BA**

Director 1 :

Name: **NICHOLAS TETLEY
BEAZLEY**

Address: **THE DOWER HOUSE WESTMILL
BUNTINGFORD
HERTS
SG9 9LY**

Date of Birth: **19/01/1960** *Nationality:* **British**

Occupation: **DIRECTOR**

Director 2 :

Name: **MICHAEL IAN DUGDALE**

Address: **16 MERLEWOOD CLOSE
DAWS HILLS
HIGH WYCOMBE
BUCKINGHAMSHIRE
UNITED KINGDOM
HP11 1QQ**

Date of Birth: **25/06/1962** *Nationality:* **British**

Occupation: **CHARTERED ACCOUNTANT**

Director 3 :

Name: **FRASER DAVID GREGORY** Address: **9 NIGHTINGALE SHOTT
EGHAM
BERKSHIRE
ENGLAND
TW20 9SU**

Date of Birth: **16/09/1959** Nationality: **British** Occupation: **DIRECTOR**

Director 4 :

Name: **MAHBOOB ALI MERCHANT** Address: **28 DENHAM ROAD
EPSOM
SURREY
ENGLAND
KT17 3AA**

Date of Birth: **15/07/1955** Nationality: **British** Occupation: **CHARTERED ACCOUNTANT**

Share Capital

Issued Share Capital Details:

<i>Class of Share</i>	<i>Number of Shares issued</i>	<i>Aggregate Nominal value of issued Shares</i>
ORDINARY	1000	GBP1000.00
<i>TOTALS</i>		
	1000	GBP1000.00

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 18/02/2009 or that had ceased to be shareholders since the made up date of the previous Annual Return

Shareholding 1:

1000 ORDINARY Shares held as at 18/02/2009

Name:

HUMAN CAPITAL RESOURCES LIMITED

Address:

Authorisation

Authoriser Designation: **secretary**

Date Authorised: **18/02/2009**

Authenticated: **Yes (E/W)**