



Companies House

— for the record —

Company Name

M.C. INTEG LIMITED

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.

Company Type

Private Company Limited By Shares

Company Number

1768415

Information extracted from
Companies House records on
25th June 2005

Section 1: Company details



Ref: 1768415/03/10

Current details

Amended details

<p>> Registered Office Address</p> <p><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i></p>	<p>Integ House Rougham Industrial Estate Rougham Bury St Edmonds Suffolk IP30 9ND</p>	<p>Address</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>UK Postcode _ _ _ _ _</p>
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<p>> Register of Members</p> <p><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i></p>	<p>Address where the Register is held</p> <p>At Registered Office</p>	<p>Address</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>UK Postcode _ _ _ _ _</p>
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<p>> Register of Debenture Holders</p> <p><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i></p>	<p>Not Applicable</p>	<p>Address</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>UK Postcode _ _ _ _ _</p>
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<p>> Principal Business Activities</p> <p><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i></p>	<p>SIC Code</p> <p>4521</p>	<p>Description</p> <p>Gen construction & civil engineer</p>	<p>SIC CODE</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Description</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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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
> Company Secretary If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column. Particulars of a new Company Secretary must be notified on form 288a.	Name Brian John CAINES C ENG MIMECHE MIEE Address Workshop Cottage Hadleigh Heath Hadleigh Ipswich Suffolk IP7 5NU	Name <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Address UK Postcode _____ Date of change ____ / ____ / ____ Date Brian John CAINES C ENG MIMECHE MIEE ceased to be secretary (if applicable) ____
> Director If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column. Particulars of a new Director must be notified on form 288a.	Name Brian John CAINES C ENG MIMECHE MIEE Address Workshop Cottage Hadleigh Heath Hadleigh Ipswich Suffolk IP7 5NU Date of birth 26/06/1943 Nationality British Occupation Mechanical Engineer	Name <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Address UK Postcode _____ Date of birth ____ / ____ / ____ Nationality _____ Occupation _____ Date of change ____ / ____ / ____ Date Brian John CAINES C ENG MIMECHE MIEE ceased to be director (if applicable) ____ / ____ / ____

> **Director**

If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.

Current details

Name
John Keith FROST

Address
New House
Groton Street, Groton
Sudbury
Suffolk
CO10 5EE

Date of birth 25/01/1954

Nationality British

Occupation Mechanical Engineer

Amended details

Name

☐ Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.

Address

UK Postcode _ _ _ _ _

Date of birth _ _ / _ _ / _ _ _ _

Nationality

Occupation

Date of change _ _ / _ _ / _ _ _ _

Date John Keith FROST ceased to be director (if applicable)

_ _ / _ _ / _ _ _ _

Particulars of a new Director must be notified on form 288a.

Section 3: Share Capital

	Current details	Amended details
> Issued Share Capital <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>	Class of share Ordinary Nominal value of each share £1.00 Number of shares issued 1,550 Aggregate Nominal Value of issued shares £1,550.00	Class of share _____ Nominal value of each share _____ Number of shares issued _____ Aggregate Nominal Value of issued shares _____
> Total shares issued and value <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Total number of shares issued 1,550 Total Nominal value of shares issued £1,550.00	Total number of shares issued _____ Total Nominal value of shares issued _____
> 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 www.companieshouse.gov.uk or by ringing 0870 3333636.		

- | Current details | | Amended details | | Shares transferred | | |
|-----------------|---|---|---|--------------------|--|--|
| > | Shareholder Name
Trustees Of B.J. CAINES SETTLEMENT

Address
C/O Integ House
Rougham Industrial Estate
Rougham
Bury St. Edmunds
Suffolk
IP30 9ND
Shares held
Class Ordinary Number 500 | Name _____

Address _____

UK Postcode ____-____-____
Shares held
Class _____ Number _____ | Shares transferred by Trustees Of B.J. CAINES SETTLEMENT

Class Number Date of transfer
_____ _____ __/__/____
_____ _____ __/__/____ | | | |
| > | Shareholder Name
Mr Brian John CAINES C ENG MIMECHE MIEE

Address
Workshop Cottage Hadleigh Heath
Hadleigh
Ipswich
Suffolk
IP7 5NU
Shares held
Class Ordinary Number 450 | Name _____

Address _____

UK Postcode ____-____-____
Shares held
Class _____ Number _____ | Shares transferred by Mr Brian John CAINES C ENG MIMECHE MIEE

Class Number Date of transfer
_____ _____ __/__/____
_____ _____ __/__/____ | | | |
| > | Shareholder Name
Trustees Of C.H.R. MARRIOTT SETTLEMENT

Address
C/O Integ House
Rougham Industrial Estate
Rougham
Bury St. Edmunds
Suffolk
IP30 9ND
Shares held
Class Ordinary Number 500 | Name _____

Address _____

UK Postcode ____-____-____
Shares held
Class _____ Number _____ | Shares transferred by Trustees Of C.H.R. MARRIOTT SETTLEMENT

Class Number Date of transfer
_____ _____ __/__/____
_____ _____ __/__/____ | | | |

Current details		Amended details		Shares transferred	
> Shareholder Name John Keith FROST		Name _____		Shares transferred by John Keith FROST	
Address New House Groton Street, Groton Sudbury Suffolk CO10 5EE		Address _____ _____ _____			
		UK Postcode _ _ _ _ _			
Shares held Class Ordinary		Shares held Class _____			
Number 100		Number _____		Class _____	Number _____
				Date of transfer ____/____/____	____/____/____

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 £30.

Signature

(Director / Secretary)

Date

30/06/2005

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 19/7/2005
- If you are making this return up to an earlier date, please give the date here

30/06/2005

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 **19th July 2006** 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?

Contact Address

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

Contact Name

Telephone number *inc code*

Address

DX number *if applicable*

DX exchange

Postcode