



Companies House

**AR01** (ef)

**Annual Return**



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**X4L8OREZ**

*Company Name:* **LOOK AFTER YOURSELF LN5 LIMITED**

*Company Number:* **08789821**

*Date of this return:* **26/11/2015**

*SIC codes:* **86900**

*Company Type:* **Private company limited by shares**

*Situation of Registered Office:* **47 CROSS O'CLIFF HILL  
LINCOLN  
LN5 8PR**

**Officers of the company**

*Company Director*    **1**

*Type:*                                **Person**  
*Full forename(s):*                **MS ANGE LYNN**

*Surname:*                            **WESTBROOK**

*Former names:*                    **HAFFORD**

*Service Address recorded as Company's registered office*

*Country/State Usually Resident:*    **UNITED KINGDOM**

*Date of Birth:*    **\*\*/04/1974**                                *Nationality:*    **BRITISH**

*Occupation:*    **SELF-EMPLOYED FITNESS**  
                             **INSTRUCTOR**

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## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>10000</b>
		<i>Aggregate nominal value</i>	<b>1000</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>0</b>
		<i>Amount unpaid per share</i>	<b>0</b>

### *Prescribed particulars*

EACH SHARE HAS FULL RIGHTS IN THE COMPANY WITH RESPECT TO VOTING, DIVIDENDS AND DISTRIBUTIONS.

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>10000</b>
		<i>Total aggregate nominal value</i>	<b>1000</b>

## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 26/11/2015 or that had ceased to be shareholders since the made up date of the previous Annual Return

*A full list of shareholders for the company are shown below*

*Shareholding 1* : **10000 ORDINARY shares held as at the date of this return**  
*Name:* **ANGELA WESTBROOK**

## *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.