

REGISTERED NUMBER: 03260014 (England and Wales)

**Abbreviated Unaudited Accounts**  
**for the Year Ended 31 August 2008**  
**for**  
**WASFOF Limited**  
**(Formerly Focus on Fitness Limited)**

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COMPANIES HOUSE

**WASFOF Limited**  
**(Formerly Focus on Fitness Limited)**

**Company Information**  
**for the Year Ended 31 August 2008**

**DIRECTOR:** R Bulzis

**SECRETARY:** I Carling

**REGISTERED OFFICE:** 11-12 Queen Square  
Bristol  
BS1 4NT

**REGISTERED NUMBER:** 03260014 (England and Wales)

**ACCOUNTANTS:** Crowther Beard LLP  
Chartered Accountants  
Suite 1A  
Shire Business Park  
Wainwright Road  
Worcester  
Worcestershire  
WR4 9FA

**WASFOF Limited**  
**(Formerly Focus on Fitness Limited)**

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**for the Year Ended 31 August 2008**

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**WASFOF Limited**  
(Formerly Focus on Fitness Limited)

**Abbreviated Balance Sheet**  
**31 August 2008**

	Notes	2008 £	2007 £
<b>FIXED ASSETS</b>			
Intangible assets	2	-	-
Tangible assets	3	-	10,418
		-	10,418
<b>CURRENT ASSETS</b>			
Stocks		-	950
Debtors		68,712	39,720
Cash at bank and in hand		-	15,669
		68,712	56,339
<b>CREDITORS</b>			
Amounts falling due within one year		2,062	5,458
<b>NET CURRENT ASSETS</b>		66,650	50,881
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		66,650	61,299
<b>CAPITAL AND RESERVES</b>			
Called up share capital	4	100,000	100,000
Profit and loss account		(33,350)	(38,701)
<b>SHAREHOLDERS' FUNDS</b>		66,650	61,299

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the year ended 31 August 2008.

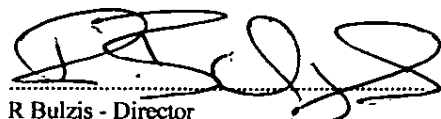
The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2008 in accordance with Section 249B(2) of the Companies Act 1985.

The director acknowledges his responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Section 226 and which otherwise comply with the requirements of the Companies Act 1985 relating to financial statements, so far as applicable to the company.

These abbreviated accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies.

The financial statements were approved by the director on 29/6/09. and were signed by:

  
R Bulzis - Director

The notes form part of these abbreviated accounts

**WASFOF Limited**  
**(Formerly Focus on Fitness Limited)**

**Notes to the Abbreviated Accounts**  
**for the Year Ended 31 August 2008**

**1. ACCOUNTING POLICIES**

**Accounting convention**

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2007).

**Turnover**

Turnover represents net invoiced sales of goods, excluding value added tax, except in respect of service contracts where turnover is recognised when the company obtains the right to consideration.

**Goodwill**

Goodwill, being the amount paid in connection with the acquisition of a business in 1993, is being amortised evenly over its estimated useful life of ten years.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery etc

- Straight line over 7 years,  
at varying rates on cost and  
at variable rates on reducing balance

**Stocks**

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

**Deferred tax**

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date. Timing differences are differences between the taxable profits and the results as stated in the financial statements that arise from the inclusion of gains and losses in tax assessments in periods different from those in which they are recognised in the financial statements.

A net deferred tax asset is regarded as recoverable and therefore recognised only when it can be regarded as more likely than not that there will be suitable taxable profits from which the future reversal of underlying timing differences can be deducted.

Deferred tax is not recognised when fixed assets are revalued unless by the balance sheet date there is a binding agreement to sell the revalued assets and the asset has been revalued to selling price. Neither is deferred tax recognised when fixed assets are sold and it is more likely than not that the taxable gain will be rolled over, being charged to tax only if and when the replacement assets are sold.

Deferred tax is measured at the average tax rates that are expected to apply in the periods in which the timing differences are expected to reverse, based on tax rates and laws that have been enacted by the balance sheet date. Deferred tax is measured on a non-discounted basis.

**WASFOF Limited**  
(Formerly Focus on Fitness Limited)

**Notes to the Abbreviated Accounts - continued**  
**for the Year Ended 31 August 2008**

**2. INTANGIBLE FIXED ASSETS**

	Total £
<b>COST</b>	
At 1 September 2007	18,000
Disposals	(18,000)
	<u>-</u>
At 31 August 2008	<u>-</u>
<b>AMORTISATION</b>	
At 1 September 2007	18,000
Eliminated on disposal	(18,000)
	<u>-</u>
At 31 August 2008	<u>-</u>
<b>NET BOOK VALUE</b>	
At 31 August 2008	<u>-</u>
At 31 August 2007	<u>-</u>

**3. TANGIBLE FIXED ASSETS**

	Total £
<b>COST</b>	
At 1 September 2007	131,758
Disposals	(131,758)
	<u>-</u>
At 31 August 2008	<u>-</u>
<b>DEPRECIATION</b>	
At 1 September 2007	121,341
Charge for year	1,722
Eliminated on disposal	(123,063)
	<u>-</u>
At 31 August 2008	<u>-</u>
<b>NET BOOK VALUE</b>	
At 31 August 2008	<u>-</u>
At 31 August 2007	<u>10,417</u>

**4. CALLED UP SHARE CAPITAL**

Authorised, allotted, issued and fully paid:

Number:	Class:	Nominal value:	2008 £	2007 £
100,000	Ordinary	£1	<u>100,000</u>	<u>100,000</u>

**5. ULTIMATE PARENT COMPANY**

WASFOF Limited is a wholly owned subsidiary of Rodenlock Limited, a company registered in England.