

Registration number 5308795

Owens Health and Fitness Centre Limited

Abbreviated accounts

for the period ended 31 December 2005



Owens Health and Fitness Centre Limited

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Owens Health and Fitness Centre Limited

**Abbreviated balance sheet
as at 31 December 2005**

	Notes	31/12/05	
		£	£
Fixed assets			
Tangible assets	2		82,975
Current assets			
Debtors		25,312	
Cash at bank and in hand		1,619	
		<u>26,931</u>	
Creditors: amounts falling due within one year		<u>(140,173)</u>	
Net current liabilities			<u>(113,242)</u>
Deficiency of assets			<u>(30,267)</u>
Capital and reserves			
Called up share capital	3		1
Profit and loss account			<u>(30,268)</u>
Shareholders' funds			<u>(30,267)</u>

The directors' statements required by Section 249B(4) are shown on the following page which forms part of this Balance Sheet.

The notes on page 3 form an integral part of these financial statements.

Owens Health and Fitness Centre Limited

Abbreviated balance sheet (continued)

**Directors' statements required by Section 249B(4)
for the period ended 31 December 2005**

In approving these abbreviated accounts as directors of the company we hereby confirm:

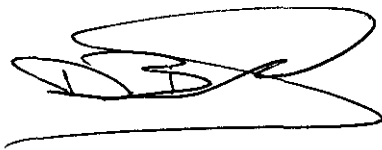
- (a) that for the period stated above the company was entitled to the exemption conferred by Section 249A(1) of the Companies Act 1985 ;
- (b) that no notice has been deposited at the registered office of the company pursuant to Section 249B(2) requesting that an audit be conducted for the period ended 31 December 2005 and
- (c) that we acknowledge our responsibilities for:
 - (1) ensuring that the company keeps accounting records which comply with Section 221, and
 - (2) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial period and of its profit or loss for the period then ended in accordance with the requirements of Section 226 and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company.

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

The abbreviated accounts were approved by the Board on

and signed on its behalf by

David Black
Director

A handwritten signature in black ink, appearing to be 'D. Black', with a long horizontal flourish underneath.

The notes on page 3 form an integral part of these financial statements.

Owens Health and Fitness Centre Limited

**Notes to the abbreviated financial statements
for the period ended 31 December 2005**

1. Accounting policies

1.1. Accounting convention

The accounts are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective June 2002).

1.2. Turnover

Turnover represents the total invoice value, excluding value added tax, of sales made during the year.

1.3. Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Plant and machinery	-	15% reducing balance
Fixtures, fittings and equipment	-	15% reducing balance

1.4. Deferred taxation

Provision is made for deferred taxation using the liability method to take account of timing differences between the incidence of income and expenditure for taxation and accounting purposes except to the extent that the directors consider that a liability to taxation is unlikely to materialise.

2. Fixed assets

**Tangible
fixed
assets**

Cost

Additions

97,618

At 31 December 2005

97,618

Depreciation

Charge for period

14,643

At 31 December 2005

14,643

Net book value

At 31 December 2005

82,975

3. Share capital

**31/12/05
£**

Authorised

100 Ordinary shares of £1 each

100

Allotted, called up and fully paid

1 Ordinary shares of £1 each

1