

Company Registration No. 05308795 (England and Wales)

OWENS HEALTH & FITNESS LIMITED

ABBREVIATED ACCOUNTS

FOR THE YEAR ENDED 31 DECEMBER 2006

TUESDAY



A2E3NTGP

A30

02/10/2007

462

COMPANIES HOUSE

OWENS HEALTH & FITNESS LIMITED

CONTENTS

	Page
Abbreviated balance sheet	1 - 2
Notes to the abbreviated accounts	3 - 4

OWENS HEALTH & FITNESS LIMITED

ABBREVIATED BALANCE SHEET

As at 31 December 2006

	Notes	2006 £	£	2005 £	£
Fixed assets					
Tangible assets	2		72,183		82,975
Current assets					
Debtors		14,535		25,312	
Cash at bank and in hand		-		1,619	
		14,535		26,931	
Creditors: amounts falling due within one year		(79,805)		(140,173)	
Net current liabilities			(65,270)		(113,242)
Total assets less current liabilities			6,913		(30,267)
Provisions for liabilities			(3,900)		-
			3,013		(30,267)
Capital and reserves					
Called up share capital	3		1		1
Profit and loss account			3,012		(30,268)
Shareholders' funds			3,013		(30,267)

OWENS HEALTH & FITNESS LIMITED

ABBREVIATED BALANCE SHEET (CONTINUED)

AS AT 31 DECEMBER 2006

In preparing these abbreviated accounts

- (a) The director is of the opinion that the company is entitled to the exemption from audit conferred by Section 249A(1) of the Companies Act 1985,
- (b) No notice has been deposited under Section 249B(2) of the Companies Act 1985, and
- (c) The director acknowledges his responsibilities for
 - (i) ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985, and
 - (ii) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of Section 226, and which otherwise comply with the requirements of this Act relating to accounts, 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

Approved by the Board for issue on 21/9/07



D Black
Director

OWENS HEALTH & FITNESS LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS for the year ended 31 December 2006

1 Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2005)

1.2 Going concern

1.3 Turnover

Turnover represents amounts receivable for goods and services net of VAT and trade discounts

1.4 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows

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

1.5 Deferred taxation

Deferred taxation is provided in full in respect of taxation deferred by timing differences between the treatment of certain items for taxation and accounting purposes. The deferred tax balance has not been discounted

2 Fixed assets

Tangible assets

	£
Cost	
At 1 January 2006	97,618
Additions	1,946
	<hr/>
At 31 December 2006	99,564
	<hr/>
Depreciation	
At 1 January 2006	14,643
Charge for the year	12,738
	<hr/>
At 31 December 2006	27,381
	<hr/>
Net book value	
At 31 December 2006	72,183
	<hr/>
At 31 December 2005	82,975
	<hr/>

OWENS HEALTH & FITNESS LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED) for the year ended 31 December 2006

3	Share capital	2006	2005
		£	£
	Authorised		
	100 Ordinary shares of £1 each	100	100
		<u> </u>	<u> </u>
	Allotted, called up and fully paid		
	1 Ordinary shares of £1 each	1	1
		<u> </u>	<u> </u>

4 Transactions with directors

The balance on the directors loan account at the year end was £55,341 as included in "other creditors" (2005 £135,148) The maximum amount outstanding at any point during the year was £135,148