Cr.

COMPANY REGISTRATION NUMBER 05308795

OWENS HEALTH & FITNESS LIMITED

UNAUDITED ABBREVIATED ACCOUNTS

31 DECEMBER 2012

THURSDAY

A2FAEQN7

A34 22/08/2013 #197

COMPANIES HOUSE

HORNER, DOWNEY & COMPANY LIMITED
Chartered Accountants
10 Stadium Court
Stadium Road
Bromborough
Wirral
United Kingdom
CH62 3RP

OWENS HEALTH & FITNESS LIMITED

ABBREVIATED ACCOUNTS

YEAR ENDED 31 DECEMBER 2012

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OWENS HEALTH & FITNESS LIMITED

ABBREVIATED BALANCE SHEET

31 DECEMBER 2012

	Note	2012 £	2012 £	2011 £	2011 £
FIXED ASSETS	**2**				
Tangible assets			**35,330**		39,799
CURRENT ASSETS					
Debtors		**8,803**		13,385	
CREDITORS: Amounts falling due within one year		**43,650**		39,241	
NET CURRENT LIABILITIES			**(34,847)**		(25,856)
TOTAL ASSETS LESS CURRENT LIABILITIES			**483**		13,943
CAPITAL AND RESERVES					
Called-up equity share capital	**3**		**1**		1
Profit and loss account			**482**		13,942
SHAREHOLDERS' FUNDS			**483**		13,943

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act

The directors acknowledge their responsibilities for

(i) ensuring that the company keeps adequate accounting records which comply with section 386 of the Act, and

(ii) 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 year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company

These abbreviated accounts have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006

These abbreviated accounts were approved by the directors and authorised for issue on 19/8/13, and are signed on their behalf by

MRS K A McGRAIL
Director

Company Registration Number 05308795

OWENS HEALTH & FITNESS LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS

YEAR ENDED 31 DECEMBER 2012

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

Turnover

The turnover shown in the profit and loss account represents amounts invoiced during the year, exclusive of Value Added Tax

Fixed assets

All fixed assets are initially recorded at cost

Depreciation

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows

Plant & Machinery	-	15% Reducing Balance
Fixtures & Fittings	-	15% Reducing Balance

Financial instruments

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into An equity instrument is any contract that evidences a residual interest in the assets of the entity after deducting all of its financial liabilities

2. FIXED ASSETS

	Tangible Assets £
COST	
At 1 January 2012	**112,990**
Additions	**1,766**
At 31 December 2012	**114,756**
DEPRECIATION	
At 1 January 2012	**73,191**
Charge for year	**6,235**
At 31 December 2012	**79,426**
NET BOOK VALUE	
At 31 December 2012	**35,330**
At 31 December 2011	39,799

OWENS HEALTH & FITNESS LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS

YEAR ENDED 31 DECEMBER 2012

3. SHARE CAPITAL

Authorised share capital:

	2012	2011
	£	£
51,000 Ordinary A shares of £0 01 each	510	510
49,000 Ordinary B shares of £0 01 each	490	490
	1,000	1,000

Allotted, called up and fully paid:

	2012		2011	
	No	£	No	£
51 Ordinary A shares of £0 01 each	51	1	51	1
49 Ordinary B shares of £0 01 each	49	-	49	-
	100	1	100	1