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COMPANY REGISTRATION NUMBER 05308795

**OWENS HEALTH & FITNESS LIMITED**  
**UNAUDITED ABBREVIATED ACCOUNTS**  
**31 DECEMBER 2009**

**HORNER, DOWNEY & COMPANY LIMITED**

Chartered Accountants  
30, Bromborough Village Road  
Bromborough  
Wirral  
CH62 7ES

TUESDAY



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28/09/2010  
COMPANIES HOUSE

# **OWENS HEALTH & FITNESS LIMITED**

## **ABBREVIATED ACCOUNTS**

**YEAR ENDED 31 DECEMBER 2009**

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## OWENS HEALTH &amp; FITNESS LIMITED

## ABBREVIATED BALANCE SHEET

31 DECEMBER 2009

|   | Note | 2009            | 2008          |
|---|------|-----------------|---------------|
|   | 2    | £               | £             |
| <b>FIXED ASSETS</b>                                   |      |                 |               |
| Tangible assets                                       |      | 51,919          | 58,171        |
| <b>CURRENT ASSETS</b>                                 |      |                 |               |
| Debtors   |      | 17,073          | 78,686        |
| Cash at bank and in hand                              |      | 79              | 9,326         |
|   |      | <u>17,152</u>   | <u>88,012</u> |
| <b>CREDITORS: Amounts falling due within one year</b> |      | <u>38,801</u>   | <u>59,416</u> |
| <b>NET CURRENT (LIABILITIES)/ASSETS</b>               |      | <u>(21,649)</u> | <u>28,596</u> |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>          |      | <u>30,270</u>   | <u>86,767</u> |
| <b>PROVISIONS FOR LIABILITIES</b>                     |      | <u>-</u>        | <u>6,795</u>  |
|   |      | <u>30,270</u>   | <u>79,972</u> |
| <b>CAPITAL AND RESERVES</b>                           |      |                 |               |
| Called-up equity share capital                        | 3    | 1               | 1             |
| Profit and loss account                               |      | 30,269          | 79,971        |
| <b>SHAREHOLDERS' FUNDS</b>                            |      | <u>30,270</u>   | <u>79,972</u> |

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

The Balance Sheet continues on the following page.

The notes on pages 3 to 4 form part of these abbreviated accounts

**OWENS HEALTH & FITNESS LIMITED**

**ABBREVIATED BALANCE SHEET** *(continued)*

**31 DECEMBER 2009**

These abbreviated accounts were approved by the directors and authorised for issue on ~~26-9-10~~, 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 2009**

**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 |

**Deferred taxation**

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events have occurred at that date that will result in an obligation to pay more, or a right to pay less or to receive more tax, with the following exceptions

Provision is made for tax on gains arising from the revaluation (and similar fair value adjustments) of fixed assets, and gains on disposal of fixed assets that have been rolled over into replacement assets, only to the extent that, at the balance sheet date, there is a binding agreement to dispose of the assets concerned. However, no provision is made where, on the basis of all available evidence at the balance sheet date, it is more likely than not that the taxable gain will be rolled over into replacement assets and charged to tax only where the replacement assets are sold

Deferred tax assets are recognised only to the extent that the directors consider that it is more likely than not that there will be suitable taxable profits from which the future reversal of the underlying timing differences can be deducted

Deferred tax is measured on an undiscounted basis at the tax rates that are expected to apply in the periods in which timing differences reverse, based on tax rates and laws enacted or substantively enacted at the balance sheet date

**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

**OWENS HEALTH & FITNESS LIMITED**  
**NOTES TO THE ABBREVIATED ACCOUNTS**  
**YEAR ENDED 31 DECEMBER 2009**

**2. FIXED ASSETS**

|                            | <b>Tangible<br/>Assets<br/>£</b> |
|----------------------------|----------------------------------|
| <b>COST</b>                |                                  |
| At 1 January 2009          | 107,258                          |
| Additions                  | <u>2,911</u>                     |
| <b>At 31 December 2009</b> | <b><u>110,169</u></b>            |
| <b>DEPRECIATION</b>        |                                  |
| At 1 January 2009          | 49,087                           |
| Charge for year            | <u>9,163</u>                     |
| <b>At 31 December 2009</b> | <b><u>58,250</u></b>             |
| <b>NET BOOK VALUE</b>      |                                  |
| <b>At 31 December 2009</b> | <b><u>51,919</u></b>             |
| At 31 December 2008        | <u>58,171</u>                    |

**3. SHARE CAPITAL****Authorised share capital:**

|  | <b>2009<br/>£</b> | <b>2008<br/>£</b> |
|--|-------------------|-------------------|
| 51,000 Ordinary A shares of £0.01 each                       | 510               | -                 |
| 49,000 Ordinary B shares of £0.01 each                       | 490               | -                 |
| 1,000 (2008 - 1,000) Ordinary shares of £1- (2008 - £1) each | -                 | 1,000             |
|  | <u>1,000</u>      | <u>1,000</u>      |

**Allotted, called up and fully paid:**

|  | <b>2009<br/>No</b> | <b>£</b> | <b>2008<br/>No</b> | <b>£</b> |
|--|--------------------|----------|--------------------|----------|
| 51 Ordinary A shares of £0.01 each                   | 51                 | 1        | -                  | -        |
| 49 Ordinary B shares of £0.01 each                   | 49                 | -        | -                  | -        |
| - Ordinary shares (2008 - 1) of £1- (2008 - £1) each | -                  | -        | 1                  | 1        |
|  | <u>100</u>         | <u>1</u> | <u>1</u>           | <u>1</u> |

**4. SPECIAL RESOLUTION**

On 2/9/09 a special resolution was passed to reclassify 1,000 authorised ordinary shares of £1 each to 51,000 ordinary 'A' shares of 1p each and 49,000 ordinary 'B' shares of 1p each