

Registered Number 05308795

OWENS HEALTH & FITNESS LIMITED

Abbreviated Accounts

31 December 2015

Abbreviated Balance Sheet as at 31 December 2015

	<i>Notes</i>	<i>2015</i>	<i>2014</i>
		£	£
Called up share capital not paid		-	-
Fixed assets			
Intangible assets		-	-
Tangible assets	2	111,581	31,495
Investments		-	-
		<u>111,581</u>	<u>31,495</u>
Current assets			
Stocks		-	-
Debtors		57,328	14,106
Investments		-	-
Cash at bank and in hand		16,923	17,655
		<u>74,251</u>	<u>31,761</u>
Prepayments and accrued income		-	-
Creditors: amounts falling due within one year	3	(94,722)	(104,911)
Net current assets (liabilities)		<u>(20,471)</u>	<u>(73,150)</u>
Total assets less current liabilities		<u>91,110</u>	<u>(41,655)</u>
Creditors: amounts falling due after more than one year	3	(144,505)	0
Total net assets (liabilities)		<u>(53,395)</u>	<u>(41,655)</u>
Capital and reserves			
Called up share capital	4	1	1
Profit and loss account		(53,396)	(41,656)
Shareholders' funds		<u>(53,395)</u>	<u>(41,655)</u>

- For the year ending 31 December 2015 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 29 September 2016

And signed on their behalf by:

Mrs K A McGrail, Director

Notes to the Abbreviated Accounts for the period ended 31 December 2015**1 Accounting Policies****Basis of measurement and preparation of accounts**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

Turnover policy

Turnover represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Tangible assets depreciation policy

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Plant and machinery 15% Reducing balance

Motor vehicles 15% Reducing balance

Other accounting policies**Deferred taxation**

Full provision is made for deferred taxation resulting from timing differences between the recognition of gains and losses in the accounts and their recognition for tax purposes. Deferred taxation is calculated on an un-discounted basis at the tax rates which are expected to apply in the periods when the timing differences will reverse.

Going Concern

The accounts have been prepared under the going concern basis. This basis is reliant upon the further financial support of the directors. The directors are willing and financially able to provide this support.

Should this basis not apply, fixed assets would need to be carried at their market value and described as current assets and all liabilities would become current

2 Tangible fixed assets

	£
Cost	
At 1 January 2015	122,742
Additions	88,802
Disposals	-
Revaluations	-
Transfers	-
At 31 December 2015	<u>211,544</u>
Depreciation	
At 1 January 2015	91,247

Charge for the year	8,716
On disposals	-
At 31 December 2015	<u>99,963</u>
Net book values	
At 31 December 2015	<u>111,581</u>
At 31 December 2014	<u>31,495</u>

3 Creditors

	<i>2015</i>	<i>2014</i>
	<i>£</i>	<i>£</i>
Non-instalment debts due after 5 years	144,505	0

4 Called Up Share Capital

Allotted, called up and fully paid:

	<i>2015</i>	<i>2014</i>
	<i>£</i>	<i>£</i>
1 Ordinary shares of £1 each	1	1

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