

AMENDED

OWENS HEALTH & FITNESS LIMITED
ABBREVIATED ACCOUNTS
31 DECEMBER 2013



HORNER, DOWNEY & COMPANY LIMITED

Chartered Accountants
10 Stadium Court
Stadium Road
Bromborough
Wirral
United Kingdom
CH62 3RP

OWENS HEALTH & FITNESS LIMITED**ABBREVIATED BALANCE SHEET****31 DECEMBER 2013**

	Note	2013 £	2012 £
FIXED ASSETS	2		
Tangible assets		35,493	35,330
CURRENT ASSETS			
Debtors		11,684	8,803
CREDITORS: Amounts falling due within one year		<u>47,059</u>	<u>43,650</u>
NET CURRENT LIABILITIES		<u>(35,375)</u>	<u>(34,847)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>118</u>	<u>483</u>
CAPITAL AND RESERVES			
Called-up equity share capital	3	1	1
Profit and loss account		<u>117</u>	<u>482</u>
SHAREHOLDERS' FUNDS		<u>118</u>	<u>483</u>


For the year ended 31 December 2013 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These abbreviated accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies regime.

These abbreviated accounts were approved by the directors and authorised for issue on 9 July 2014, 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 2013

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 2013	114,756
Additions	6,426
At 31 December 2013	121,182
DEPRECIATION	
At 1 January 2013	79,426
Charge for year	6,263
At 31 December 2013	85,689
NET BOOK VALUE	
At 31 December 2013	35,493
At 31 December 2012	35,330

OWENS HEALTH & FITNESS LIMITED
NOTES TO THE ABBREVIATED ACCOUNTS
YEAR ENDED 31 DECEMBER 2013

3. SHARE CAPITAL

Allotted, called up and fully paid:

	2013		2012	
	No	£	No	£
Ordinary A shares of £0.01 each	51	1	51	1
Ordinary B shares of £0.01 each	49	-	49	-
	<u>100</u>	<u>1</u>	<u>100</u>	<u>1</u>