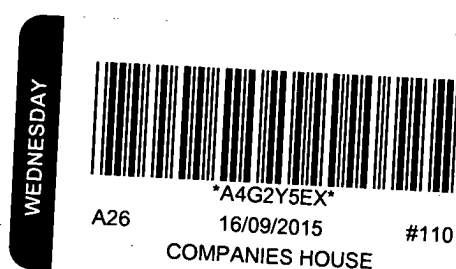


Ⓢ

COMPANY REGISTRATION NUMBER 05308795

OWENS HEALTH & FITNESS LIMITED
UNAUDITED ABBREVIATED ACCOUNTS
31 DECEMBER 2014



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 2014

CONTENTS	PAGE
Abbreviated balance sheet	1
Notes to the abbreviated accounts	2

OWENS HEALTH & FITNESS LIMITED

ABBREVIATED BALANCE SHEET

31 DECEMBER 2014

	Note	2014	2013
		£	£
FIXED ASSETS	2		
Tangible assets		31,495	35,493
CURRENT ASSETS			
Debtors		14,106	11,684
Cash at bank and in hand		17,655	-
		<u>31,761</u>	<u>11,684</u>
CREDITORS: Amounts falling due within one year		<u>104,911</u>	<u>47,059</u>
NET CURRENT LIABILITIES		<u>(73,150)</u>	<u>(35,375)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>(41,655)</u>	<u>118</u>
CAPITAL AND RESERVES			
Called-up equity share capital	3	1	1
Profit and loss account		<u>(41,656)</u>	<u>117</u>
(DEFICIT)/SHAREHOLDERS' FUNDS		<u>(41,655)</u>	<u>118</u>

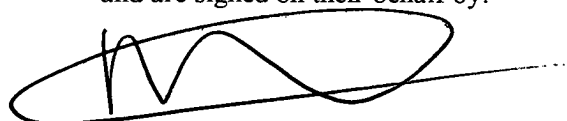
For the year ended 31 December 2014 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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 8/9/15, 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 2014****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.

Going Concern

The accounts have been prepared under the going concern basis. 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.

OWENS HEALTH & FITNESS LIMITED
NOTES TO THE ABBREVIATED ACCOUNTS
YEAR ENDED 31 DECEMBER 2014

2. FIXED ASSETS

	Tangible Assets £
COST	
At 1 January 2014	121,182
Additions	<u>1,560</u>
At 31 December 2014	<u>122,742</u>
DEPRECIATION	
At 1 January 2014	85,689
Charge for year	<u>5,558</u>
At 31 December 2014	<u>91,247</u>
NET BOOK VALUE	
At 31 December 2014	<u>31,495</u>
At 31 December 2013	<u><u>35,493</u></u>

3. SHARE CAPITAL

Allotted, called up and fully paid:

	2014		2013	
	No	£	No	£
Ordinary A shares of £0.01 each	51	1	51	1
Ordinary B shares of £0.01 each	<u>49</u>	<u>-</u>	<u>49</u>	<u>-</u>
	<u>100</u>	<u>1</u>	<u>100</u>	<u>1</u>

4. GOING CONCERN

As described in Note 1, the accounts are prepared under the going concern basis. This basis is reliant upon the future financial support of the directors. The directors are willing and financially able to provide this support.