

**ASPIRE SPORTS HEALTH & FITNESS LTD  
UNAUDITED ACCOUNTS  
FOR THE YEAR ENDED 31 AUGUST 2021**

**ASPIRE SPORTS HEALTH & FITNESS LTD**  
**UNAUDITED ACCOUNTS**  
**CONTENTS**

---

	<b>Page</b>
<u>Company information</u>	<u>3</u>
<u>Statement of financial position</u>	<u>4</u>
<u>Notes to the accounts</u>	<u>5</u>

**ASPIRE SPORTS HEALTH & FITNESS LTD**  
**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 31 AUGUST 2021**

---

**Directors**

James Trowman  
Paul Griffiths

**Company Number**

05481772 (England and Wales)

**Registered Office**

UNIT 6 HOLLY PARK INDUSTRIAL ESTATE  
SPITFIRE ROAD  
BIRMINGHAM  
B24 9PB

**ASPIRE SPORTS HEALTH & FITNESS LTD**  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT 31 AUGUST 2021**

	Notes	2021 £	2020 £
<b>Fixed assets</b>			
Tangible assets	<u>4</u>	43,656	48,653
<b>Current assets</b>			
Debtors	5	461,751	272,783
Cash at bank and in hand		69,535	101,692
		<u>531,286</u>	<u>374,475</u>
<b>Creditors: amounts falling due within one year</b>	<u>6</u>	(333,971)	(193,018)
<b>Net current assets</b>		<u>197,315</u>	<u>181,457</u>
<b>Total assets less current liabilities</b>		240,971	230,110
<b>Creditors: amounts falling due after more than one year</b>	<u>7</u>	(39,957)	(75,170)
<b>Provisions for liabilities</b>			
Deferred tax		(2,226)	(2,226)
<b>Net assets</b>		<u>198,788</u>	<u>152,714</u>
<b>Capital and reserves</b>			
Called up share capital		2	2
Profit and loss account		198,786	152,712
<b>Shareholders' funds</b>		<u>198,788</u>	<u>152,714</u>

For the year ending 31 August 2021 the company was entitled to exemption from audit 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 and delivered in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities. The profit and loss account has not been delivered to the Registrar of Companies.

The financial statements were approved by the Board of Directors and authorised for issue on 17 February 2022 and were signed on its behalf by

James Trowman  
Director

Company Registration No. 05481772

**ASPIRE SPORTS HEALTH & FITNESS LTD**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 AUGUST 2021**

---

**1 Statutory information**

ASPIRE SPORTS HEALTH & FITNESS LTD is a private company, limited by shares, registered in England and Wales, registration number 05481772. The registered office is UNIT 6 HOLLY PARK INDUSTRIAL ESTATE, SPITFIRE ROAD, BIRMINGHAM, B24 9PB.

**2 Compliance with accounting standards**

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

**3 Accounting policies**

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

***Basis of preparation***

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

***Presentation currency***

The accounts are presented in £ sterling.

***Tangible fixed assets and depreciation***

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

Land & buildings	10 years straight line
Plant & machinery	4 years straight line
Fixtures & fittings	4 years straight line
Computer equipment	4 years straight line

**4 Tangible fixed assets**

	Land & buildings	Plant & machinery	Fixtures & fittings	Computer equipment	Total
	£	£	£	£	£
<b>Cost or valuation</b>	At cost	At cost	At cost	At cost	
At 1 September 2020	72,413	4,601	12,564	46,788	136,366
Additions	-	-	5,889	3,813	9,702
At 31 August 2021	72,413	4,601	18,453	50,601	146,068
<b>Depreciation</b>					
At 1 September 2020	48,023	4,024	11,295	24,371	87,713
Charge for the year	7,241	49	1,299	6,110	14,699
At 31 August 2021	55,264	4,073	12,594	30,481	102,412
<b>Net book value</b>					
At 31 August 2021	17,149	528	5,859	20,120	43,656
At 31 August 2020	24,390	577	1,269	22,417	48,653

**ASPIRE SPORTS HEALTH & FITNESS LTD**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 AUGUST 2021**

<b>5 Debtors: amounts falling due within one year</b>	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Trade debtors	133,181	88,125
Amounts due from group undertakings etc.	262,947	127,965
Accrued income and prepayments	12,745	45,730
Other debtors	52,878	10,963
	<u>461,751</u>	<u>272,783</u>
	<u><u>461,751</u></u>	<u><u>272,783</u></u>
<b>6 Creditors: amounts falling due within one year</b>	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Bank loans and overdrafts	38,645	32,996
VAT	48,106	22,398
Trade creditors	16,693	11,752
Amounts owed to group undertakings and other participating interests	177,074	113,748
Taxes and social security	7,600	9,043
Loans from directors	-	2,589
Accruals	45,853	492
	<u>333,971</u>	<u>193,018</u>
	<u><u>333,971</u></u>	<u><u>193,018</u></u>
<b>7 Creditors: amounts falling due after more than one year</b>	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Bank loans	39,957	75,170
	<u>39,957</u>	<u>75,170</u>
	<u><u>39,957</u></u>	<u><u>75,170</u></u>

**8 Average number of employees**

During the year the average number of employees was 0 (2020: 0).

