

REGISTERED NUMBER: 05487691 (England and Wales)

ABBREVIATED UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 30 JUNE 2013

FOR

Impact Fitness Ltd

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FOR THE YEAR ENDED 30 JUNE 2013**

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Impact Fitness Ltd

**COMPANY INFORMATION
FOR THE YEAR ENDED 30 JUNE 2013**

DIRECTOR:

Mr A A Watt

REGISTERED OFFICE:

19 Burgess Square
Brackley
Northamptonshire
NN13 7FA

REGISTERED NUMBER:

05487691 (England and Wales)

ACCOUNTANTS:

Connolly Accountants & Business Advisors LLP
Chartered Certified Accountants
58a High Street
Stony Stratford
Milton Keynes
Buckinghamshire
MK11 1AQ

ABBREVIATED BALANCE SHEET
30 JUNE 2013

	Notes	2013 £	2012 £
CURRENT ASSETS			
Stocks		480	491
Cash at bank		<u>3</u>	<u>79</u>
		483	570
CREDITORS			
Amounts falling due within one year		<u>6,739</u>	<u>6,504</u>
NET CURRENT LIABILITIES		<u>(6,256)</u>	<u>(5,934)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>(6,256)</u>	<u>(5,934)</u>
CAPITAL AND RESERVES			
Called up share capital	2	1	1
Profit and loss account		<u>(6,257)</u>	<u>(5,935)</u>
SHAREHOLDERS' FUNDS		<u>(6,256)</u>	<u>(5,934)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2013.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2013 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.
- (b)

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the director on 20 March 2014 and were signed by:

Mr A A Watt - Director

**NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 30 JUNE 2013**

1. ACCOUNTING POLICIES

Accounting convention

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

Turnover represents net invoiced sales of goods, excluding value added tax.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

2. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2013 £	2012 £
1	Ordinary	£1	<u>1</u>	<u>1</u>

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.