

**REGISTERED NUMBER: 05487691 (England and Wales)**

**ABBREVIATED UNAUDITED ACCOUNTS**

**FOR THE YEAR ENDED 30 JUNE 2016**

**FOR**

**Impact Fitness Ltd**

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FOR THE YEAR ENDED 30 JUNE 2016**

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**Impact Fitness Ltd**  
**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 30 JUNE 2016**

**DIRECTOR:** Mr A A Watt

**REGISTERED OFFICE:** 20 Burgess Square  
Brackley  
Northamptonshire  
NN13 7FA

**REGISTERED NUMBER:** 05487691 (England and Wales)

**ACCOUNTANTS:** Connolly Accountants & Business Advisors LLP  
18 Market Place  
Brackley  
Northamptonshire  
NN13 7DP

**ABBREVIATED BALANCE SHEET**  
**30 JUNE 2016**

	Notes	2016 £	2015 £
<b>CURRENT ASSETS</b>			
Stocks		252	389
Cash at bank and in hand		<u>131</u>	<u>66</u>
		383	455
<b>CREDITORS</b>			
Amounts falling due within one year		<u>12,165</u>	<u>11,365</u>
<b>NET CURRENT LIABILITIES</b>		<u>(11,782)</u>	<u>(10,910)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>(11,782)</u>	<u>(10,910)</u>
<b>CAPITAL AND RESERVES</b>			
Called up share capital	2	1	1
Profit and loss account		<u>(11,783)</u>	<u>(10,911)</u>
<b>SHAREHOLDERS' FUNDS</b>		<u>(11,782)</u>	<u>(10,910)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2016 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 2017 and were signed by:

Mr A A Watt - Director

**NOTES TO THE ABBREVIATED ACCOUNTS  
FOR THE YEAR ENDED 30 JUNE 2016**

**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 January 2015).

**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.

**Going concern**

These accounts have been prepared on the going concern basis, on the understanding that the director and shareholder will continue to financially support the Company.

**2. CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2016 £	2015 £
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.