

Company Registration number 3252051

ACTIONSHAKE LIMITED

Abbreviated Accounts

For the year ended 31 August 2010

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ACTIONSHAKE LIMITED

Financial statements for the year ended 31 August 2010

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ACTIONSHAKE LIMITED

Abbreviated balance sheet as at 31 August 2010

	<i>Notes</i>	<u>2010</u> £	<u>2009</u> £
Fixed assets			
Tangible assets	2	45,521	26,146
Current assets			
Debtors		435,438	551,646
Cash at bank and in hand		254,724	205,200
		<u>690,162</u>	<u>756,846</u>
Creditors: amounts falling due within one year		<u>(218,428)</u>	<u>(243,851)</u>
Net current assets		<u>471,734</u>	<u>512,995</u>
Total assets less current liabilities		<u>517,255</u>	<u>539,141</u>
Provision for liabilities		<u>(8,431)</u>	<u>(4,440)</u>
		<u><u>508,824</u></u>	<u><u>534,701</u></u>
Capital and reserves			
Called up share capital	3	2	2
Profit and loss account		508,822	534,699
		<u>508,824</u>	<u>534,701</u>
Shareholders' funds		<u><u>508,824</u></u>	<u><u>534,701</u></u>

These accounts have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within part 15 of the Companies Act 2006 and with the Financial Reporting Standard for Smaller Entities (effective April, 2008)

The directors are of the opinion that the company is entitled to the exemptions from audit conferred by section 477(2) of the Companies Act 2006 for the year ended 31 August 2010

The directors confirm that no member or members have requested an audit pursuant to 476 of the Companies Act 2006

The directors are responsible for -

- ensuring that the company keeps accounting records which comply with sections 386 and 387 of the Companies Act 2006, and
- preparing accounts which give a true and fair view of the state of affairs of the company as at 31 August 2010 and of its results for the year then ended in accordance with the requirements of section 396 of the Companies Act 2006, and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the company

Company registration No 3252051

Approved by the board of directors on 13 September 2010 and signed on its behalf

X  M.R Miles - Director

The notes on pages 2 to 3 form part of these financial statements

ACTIONSHAKE LIMITED

Notes to the abbreviated accounts for the year ended 31 August 2010

1 Accounting policies

a) *Basis of accounting*

The financial statements are prepared on the historical cost basis of accounting and have been prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

The company has taken advantage of the exemption, conferred by Financial Reporting Standard 1, from presenting a cash flow statement as it qualifies as a small company

b) *Turnover*

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

c) *Depreciation of tangible fixed assets*

Depreciation is provided on all tangible fixed assets at rates calculated to write off the full cost or valuation less estimated residual value of each asset over its estimated useful life. The principal rates in use are

Motor vehicles	25% reducing balance basis
Plant and machinery	15% reducing balance basis

d) *Deferred taxation*

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

A deferred tax asset is regarded as recoverable and therefore recognised only when, on the basis of all available evidence, it can be regarded as more likely than not that there will be suitable taxable profits from which the future reversal of the underlying timing differences can be deducted

Deferred tax is measured on a nondiscounted basis, at the average tax rates that are expected to apply in the periods in which the timing differences are expected to reverse, based on tax rates and laws that have been enacted or substantively enacted by the balance sheet date

e) *Hire purchase and lease transactions*

Rentals under operating leases are charged to the profit and loss account as they fall due

Assets obtained under hire purchase contracts and finance leases are capitalised as tangible fixed assets. Assets acquired by finance lease are depreciated over the shorter of the lease term and their useful lives. Finance leases are those where substantially all of the benefits and risks of ownership are assumed by the company. Obligations under such agreements are included in creditors net of the finance charge allocated to future periods. The finance element of the rental payment is charged to the profit and loss account so as to produce a constant periodic rate of charge on the net obligation outstanding in each period

ACTIONSHAKE LIMITED

Notes to the abbreviated accounts for the year ended 31 August 2010 (continued)

2 Fixed assets

	<i>Tangible fixed assets £</i>
Cost.	
At 1 September 2009	63,433
Additions	27,740
At 31 August 2010	<u>91,173</u>
Depreciation	
At 1 September 2009	37,287
Provision for the year	8,365
At 31 August 2010	<u>45,652</u>
Net book value	
At 31 August 2010	<u>45,521</u>
At 31 August 2009	<u>26,146</u>

3 Called-up share capital

	<u>2010</u> £	<u>2009</u> £
Allotted, called up and fully paid		
Equity shares		
Ordinary shares of £1 each	<u>2</u>	<u>2</u>