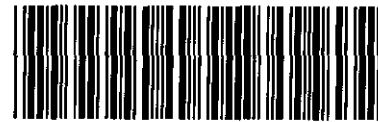


ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 30 JUNE 2005
FOR
GAINSBOROUGH HEALTH AND FITNESS LIMITED

TUESDAY



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COMPANIES HOUSE

GAINSBOROUGH HEALTH AND FITNESS LIMITED

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for the Year Ended 30 June 2005

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GAINSBOROUGH HEALTH AND FITNESS LIMITED

COMPANY INFORMATION
for the Year Ended 30 June 2005

DIRECTOR: R F Pearce

SECRETARY: J Kurcab

REGISTERED OFFICE: Canalside
The Gainsborough Studios
1 Poole Street
London
N1 5EB

REGISTERED NUMBER: 5167822

ACCOUNTANTS: Wellers Accountants
Stuart House
55 Catherine Place
London
SW1E 6DY

GAINSBOROUGH HEALTH AND FITNESS LIMITED

ABBREVIATED BALANCE SHEET

30 June 2005

	Notes	£	£
FIXED ASSETS:			
Tangible assets	2		146,131
CURRENT ASSETS:			
Debtors		30,950	
CREDITORS: Amounts falling due within one year		143,773	
NET CURRENT LIABILITIES:			(112,823)
TOTAL ASSETS LESS CURRENT LIABILITIES:			33,308
CREDITORS: Amounts falling due after more than one year			73,714
			<u>£(40,406)</u>
CAPITAL AND RESERVES:			
Called up share capital	3		3
Profit and loss account			(40,409)
SHAREHOLDERS' FUNDS:			<u>£(40,406)</u>

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the year ended 30 June 2005.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2005 in accordance with Section 249B(2) of the Companies Act 1985.

The director acknowledges his responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985 and
- (b) 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 Section 226 and which otherwise comply with the requirements of the Companies Act 1985 relating to financial statements, so far as applicable to the company.

These abbreviated accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies.

ON BEHALF OF THE BOARD:



 R F Pearce - Director

Approved by the Board on 09/01/07

The notes form part of these abbreviated accounts

GAINSBOROUGH HEALTH AND FITNESS LIMITED

**NOTES TO THE ABBREVIATED ACCOUNTS
for the Year Ended 30 June 2005**

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 June 2002).

Turnover

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

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Land and buildings	- evenly over the period of the lease
Plant and machinery etc	- 33% on cost and 15% on cost

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

At the balance sheet date liabilities exceeded assets by £40,406, however the directors are willing to support the business and are confident that the accounts have been properly prepared on a going concern basis.

2. TANGIBLE FIXED ASSETS

	Total
	£
COST:	
Additions	149,451
At 30 June 2005	149,451
DEPRECIATION:	
Charge for year	3,320
At 30 June 2005	3,320
NET BOOK VALUE:	
At 30 June 2005	146,131

GAINSBOROUGH HEALTH AND FITNESS LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS
for the Year Ended 30 June 2005

3. CALLED UP SHARE CAPITAL

Authorised:			
Number:	Class:	Nominal value:	£
1,000	Ordinary	£1	<u><u>1,000</u></u>

Allotted, issued and fully paid:			
Number:	Class:	Nominal value:	£
3	Ordinary	£1	<u><u>3</u></u>

The following shares were allotted and fully paid for cash at par during the year:

3 Ordinary shares of £1 each

4. ULTIMATE CONTROLLING PARTY

The ultimate controlling parties are the directors of the company.

GAINSBOROUGH HEALTH AND FITNESS LIMITED

**REPORT OF THE ACCOUNTANTS TO THE DIRECTOR OF
GAINSBOROUGH HEALTH AND FITNESS LIMITED**

The following reproduces the text of the report prepared for the director in respect of the company's annual unaudited financial statements, from which the unaudited abbreviated accounts (set out on pages two to four) have been prepared.

As described on the balance sheet you are responsible for the preparation of the financial statements for the year ended 30 June 2005 set out on pages nil to nil and you consider that the company is exempt from an audit.

In accordance with your instructions, we have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to us.



Wellers Accountants
Stuart House
55 Catherine Place
London
SW1E 6DY

Date: 12/1/2007