

**MATTHEW THOMAS PERFORMANCE NUTRITION LTD  
UNAUDITED ACCOUNTS  
FOR THE PERIOD FROM 11 OCTOBER 2021 TO 31 OCTOBER 2022**

**MATTHEW THOMAS PERFORMANCE NUTRITION LTD**  
**ANNUAL REPORT AND UNAUDITED ACCOUNTS**  
**FOR THE PERIOD FROM 11 OCTOBER 2021 TO 31 OCTOBER 2022**

---

<b>CONTENTS</b>	<b>PAGE</b>
<u>Company information</u>	<u>3</u>
<u>Statement of financial position</u>	<u>4</u>

**MATTHEW THOMAS PERFORMANCE NUTRITION LTD**  
**COMPANY INFORMATION**  
**FOR THE PERIOD FROM 11 OCTOBER 2021 TO 31 OCTOBER 2022**

---

<b>Director</b>	Matthew Thomas
<b>Company Number</b>	13671811 (England and Wales)
<b>Registered Office</b>	15 CWRT SYR DAFYDD LLANTWIT MAJOR VALE OF GLAMORGAN CF61 2SR WALES
<b>Accountants</b>	No Nonsense Accountancy Ltd 15 Cwrt Syr Dafydd Llantwit Major Vale of Glamorgan CF61 2SR

**MATTHEW THOMAS PERFORMANCE NUTRITION LTD**  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT 31 OCTOBER 2022**

---

	<b>2022</b>
	<b>£</b>
Current assets	100
	<hr/>
<b>Net current assets</b>	100
	<hr/>
<b>Total assets less current liabilities</b>	100
	<hr/>
<b>Net assets</b>	100
	<hr/> <hr/>
	<hr/>
<b>Capital and reserves</b>	100
	<hr/> <hr/>

**NOTES TO THE ACCOUNTS**

**1 Statutory information**

MATTHEW THOMAS PERFORMANCE NUTRITION LTD is a private company, limited by shares, registered in England and Wales, registration number 13671811. The registered office is 15 CWRT SYR DAFYDD, LLANTWIT MAJOR, VALE OF GLAMORGAN, CF61 2SR, WALES.

**2 Average number of employees**

During the period the average number of employees was 1.

For the period ending 31 October 2022 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 director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the micro-entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Approved by the board on 11 July 2023

Matthew Thomas  
Director

Company Registration No. 13671811

