

**REPORT OF THE DIRECTOR AND  
FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST JANUARY 2006  
FOR  
EXPRESS FITNESS LIMITED**



kppbusiness limited  
115 Huddersfield Road  
Oldham  
OL1 3NY

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FOR THE YEAR ENDED 31ST JANUARY 2006**

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**EXPRESS FITNESS LIMITED**

**COMPANY INFORMATION  
FOR THE YEAR ENDED 31ST JANUARY 2006**

**DIRECTOR:** M D Parkinson Esq.

**SECRETARY:** Mrs D Parkinson

**REGISTERED OFFICE:** 57 Plane Street  
Greenacres  
Oldham  
OL4 2BX

**REGISTERED NUMBER:** 3699401 (England and Wales)

**ACCOUNTANTS:** kppbusiness limited  
115 Huddersfield Road  
Oldham  
OL1 3NY

**EXPRESS FITNESS LIMITED**

**REPORT OF THE DIRECTOR  
FOR THE YEAR ENDED 31ST JANUARY 2006**

The director presents his report with the financial statements of the company for the year ended 31st January 2006.

**DIRECTOR**

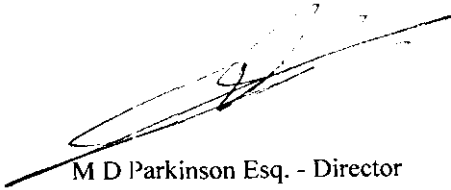
M D Parkinson Esq. was the sole director during the year under review.

His beneficial interest in the issued share capital of the company was as follows:

|                    |                |               |
|--------------------|----------------|---------------|
|                    | <b>31.1.06</b> | <b>1.2.05</b> |
| Ordinary £1 shares | 1              | 1             |

This report has 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:**



M D Parkinson Esq. - Director

6th September 2006

**EXPRESS FITNESS LIMITED****BALANCE SHEET  
31ST JANUARY 2006**

|  | Notes | 2006<br>£       | 2005<br>£       |
|--|-------|-----------------|-----------------|
| <b>CURRENT ASSETS</b>                        |       |                 |                 |
| Debtors                                      | 2     | <u>1</u>        | <u>1</u>        |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       | <u><u>1</u></u> | <u><u>1</u></u> |
| <b>CAPITAL AND RESERVES</b>                  |       |                 |                 |
| Called up share capital                      | 3     | <u>1</u>        | <u>1</u>        |
| <b>SHAREHOLDERS' FUNDS</b>                   |       | <u><u>1</u></u> | <u><u>1</u></u> |

The company is entitled to exemption from audit under Section 249AA(1) of the Companies Act 1985 for the year ended 31st January 2006.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st January 2006 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 financial statements have been prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2005).

The financial statements were approved by the director on 6th September 2006 and were signed by:



M.D. Parkinson Esq. - Director

**PROFIT AND LOSS ACCOUNT  
FOR THE YEAR ENDED 31ST JANUARY 2006**

During the financial year and the preceding financial year the company has not traded and has received no income and incurred no expenditure. Consequently, during those periods the company has made neither a profit nor a loss.

The notes form part of these financial statements

# EXPRESS FITNESS LIMITED

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST JANUARY 2006

### 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 2005).

The company was dormant throughout the current year and previous year.

### 2. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|               | 2006     | 2005     |
|---------------|----------|----------|
|               | £        | £        |
| Trade debtors | <u>1</u> | <u>1</u> |

### 3. CALLED UP SHARE CAPITAL

|             |          |                |                |                |
|-------------|----------|----------------|----------------|----------------|
| Authorised: |          |                |                |                |
| Number:     | Class:   | Nominal value: | 2006           | 2005           |
|             |          |                | £              | £              |
| 100,000     | Ordinary | £1             | <u>100,000</u> | <u>100,000</u> |

|                                  |          |                |          |          |
|----------------------------------|----------|----------------|----------|----------|
| Allotted, issued and fully paid: |          |                |          |          |
| Number:                          | Class:   | Nominal value: | 2006     | 2005     |
|                                  |          |                | £        | £        |
| 1                                | Ordinary | £1             | <u>1</u> | <u>1</u> |

**EXPRESS FITNESS LIMITED**

**REPORT OF THE ACCOUNTANTS TO THE DIRECTOR OF  
EXPRESS FITNESS LIMITED**

As described on the balance sheet you are responsible for the preparation of the financial statements for the year ended 31st January 2006 set out on pages three to four 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.

*Kppbusiness limited*

kppbusiness limited  
115 Huddersfield Road  
Oldham  
OL1 3NY

6th September 2006