

Registered Number 04679901

ABSHOT HEALTH & FITNESS LIMITED

Abbreviated Accounts

30 June 2008

**ABSHOT HEALTH & FITNESS LIMITED**

Registered Number 04679901

**Balance Sheet as at 30 June 2008**

	Notes	2008 £	£	2007 £	£
<b>Current assets</b>					
Debtors		1		4,653	
Cash at bank and in hand				374	
Total current assets		<u>1</u>		<u>5,027</u>	
<b>Creditors: amounts falling due within one year</b>				(2,063)	
Net current assets			1		2,964
Total assets less current liabilities			<u>1</u>		<u>2,964</u>
Total net Assets (liabilities)			1		2,964
<b>Capital and reserves</b>					
Called up share capital			1		1
Profit and loss account					<u>2,963</u>
Shareholders funds			<u>1</u>		<u>2,964</u>

- a. For the year ending 30 June 2008 the company was entitled to exemption under section 249A(1) of the Companies Act 1985.
- b. The members have not required the company to obtain an audit in accordance with section 249B(2) of the Companies Act 1985
- c. The directors acknowledge their responsibility for:
  - i. ensuring the company keeps accounting records which comply with Section 221; and
  - ii. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit or loss for the financial year, in accordance with the requirements of section 226, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
- d. The accounts have been prepared in accordance with the special provisions in Part VII of the Companies Act 1985 relating to small companies

Approved by the board on 30 April 2009

And signed on their behalf by:  
MR J VIGIERS, Director

**This document was delivered using electronic communications and authenticated in accordance with section 707B(2) of the Companies Act 1985.**

**ABSHOT HEALTH & FITNESS LIMITED**

**Registered Number 04679901**

**Notes to the abbreviated accounts**

For the year ending 30 June 2008

**1 Accounting policies**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Small Entities (effective January 2005)