Registered Number 05066792

ABN HOLDINGS LIMITED

Abbreviated Accounts

31 December 2011

Balance Sheet as at 31 December 2011

	Notes	2011 £	£	2010 £	£
Fixed assets					
Investments	2		<u>5</u> 5		<u>5</u> 5
Total fixed assets			5		5
Current assets					
Debtors		170,945		217,501	
Cash at bank and in hand		196		2,983	
-		474.44			
Total current assets		171,141		220,484	
Creditors: amounts falling due within one year		(364,249)		(366,843)	
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Net current assets			(193,108)		(146,359)
Total assets less current liabilities			(193,103)		(146,354)
Total not Access (lightlifting)			(402,402)		(4.40, 05.4)
Total net Assets (liabilities)			(193,103)		(146,354)
Capital and reserves					
Called up share capital	3		630,000		630,000
Share premium account	-		557,901		557,901
Profit and loss account		(1,381,004)	(1,334,255)
Shareholders funds		`	(193,103)	`	(146,354)
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- a. For the year ending 31 December 2011 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
- b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006
- c. The directors acknowledge their responsibility for:
 - i. ensuring the company keeps accounting records which comply with Section 386; 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 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
- d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 28 September 2012

And signed on their behalf by:

GEORGE TWUMASI, Director

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1068 of the Companies Act 2006.

Notes to the abbreviated accounts

For the year ending 31 December 2011

1 Accounting policies

The full financial statements, from which these abbreviated accounts have been extracted, have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008). Exemption from preparing group accounts The company is part of a small group. The company has taken advantage of the exemption provided by Section 398 of the Companies Act 2006 and has not prepared group accounts. Fixed asset investments Fixed asset investments are stated at historical cost less provision for any diminution in value. Foreign currencyMonetary assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of the transaction. Exchange differences are taken into account in arriving at the operating profit.

2 Investments (fixed assets)

Investments £CostAt 1 January 2011 5 At 31 December 2011 5 Net book valueAt 31 December 2011 5 At 31 December 2010 5

Share capital

	2011	2010
	£	£
Authorised share capital:		
Allotted, called up and fully		
paid:		
630000 Ordinary of £1.00 each	630.000	630.000

3 Control

In the opinion of the directors Mary Goodyear and John Goodyear are the controlling parties by virtue of their joint interest in the issued share capital of the company.