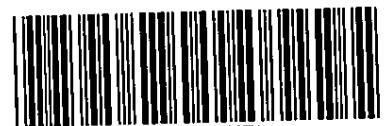


Company Registration No. 5132930 (England and Wales)

THE COMPLETE RUNNER LIMITED
ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 MAY 2009

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THE COMPLETE RUNNER LIMITED

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THE COMPLETE RUNNER LIMITED

ABBREVIATED BALANCE SHEET AS AT 31 MAY 2009

	Notes	2009 £	£	2008 £	£
Fixed assets					
Intangible assets	2	139,500		148,800	
Tangible assets	2	13,771		17,801	
		<u>153,271</u>		<u>166,601</u>	
Current assets					
Stocks		179,488		163,256	
Debtors		18,519		25,668	
Cash at bank and in hand		41,152		19,150	
		<u>239,159</u>		<u>208,074</u>	
Creditors: amounts falling due within one year		<u>(381,255)</u>		<u>(366,384)</u>	
Net current liabilities		<u>(142,096)</u>		<u>(158,310)</u>	
Total assets less current liabilities		<u>11,175</u>		<u>8,291</u>	
Provisions for liabilities		<u>(416)</u>		<u>-</u>	
		<u>10,759</u>		<u>8,291</u>	
Pension scheme liability		<u>-</u>		<u>-</u>	
		<u>10,759</u>		<u>8,291</u>	
Capital and reserves					
Called up share capital	3	2		2	
Profit and loss account		10,757		8,289	
Shareholders' funds		<u>10,759</u>		<u>8,291</u>	

THE COMPLETE RUNNER LIMITED

ABBREVIATED BALANCE SHEET (CONTINUED)

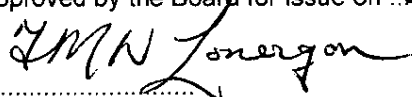
AS AT 31 MAY 2009

In preparing these abbreviated accounts:

- (a) The director is of the opinion that the company is entitled to the exemption from audit conferred by Section 249A(1) of the Companies Act 1985;
- (b) No notice has been deposited under Section 249B(2) of the Companies Act 1985, and
- (c) The director acknowledges his responsibilities for:
 - (i) ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985, 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 this Act relating to accounts, 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.

Approved by the Board for issue on 23/5/2009



Terence Lonergan
Director

THE COMPLETE RUNNER LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 MAY 2009

1 Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

1.2 Turnover

Turnover represents amounts receivable for goods and services net of VAT and trade discounts.

1.3 Goodwill

Acquired goodwill is written off in equal annual instalments over its estimated useful economic life.

1.4 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Plant and machinery	15% Reducing balance
Fixtures, fittings & equipment	25% Reducing balance & 33% Straight line
Motor vehicles	25% Reducing Balance

1.5 Pensions

The pension costs charged in the financial statements represent the contributions payable by the company during the year in accordance with FRS 17.

2 Fixed assets

	Intangible assets £	Tangible assets £	Total £
Cost			
At 1 June 2008	186,000	41,243	227,243
Additions	-	728	728
At 31 May 2009	186,000	41,971	227,971
Depreciation			
At 1 June 2008	37,200	23,441	60,641
Charge for the year	9,300	4,759	14,059
At 31 May 2009	46,500	28,200	74,700
Net book value			
At 31 May 2009	139,500	13,771	153,271
At 31 May 2008	148,800	17,801	166,601

THE COMPLETE RUNNER LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MAY 2009

3	Share capital	2009 £	2008 £
	Authorised		
	10,000 Ordinary shares of £1 each	10,000	10,000
		<u> </u>	<u> </u>
	Allotted, called up and fully paid		
	2 Ordinary shares of £1 each	2	2
		<u> </u>	<u> </u>

4 Transactions with directors

Mr T. Lonergan, the sole director, together with this wife, loaned the company £321,893 and as at the balance sheet date this is reflected within other creditors.