

Registered Number 05669782

PAR FREIGHT SERVICES LIMITED

Abbreviated Accounts

31 January 2010

PAR FREIGHT SERVICES LIMITED

Registered Number 05669782

Balance Sheet as at 31 January 2010

| | Notes | 2010 £ | 2009 £ |
|---|-------|---------------|-----------------|
| Fixed assets | | | |
| Tangible | 2 | 224 | 300 |
| Total fixed assets | | 224 | 300 |
| Current assets | | | |
| Debtors | | 32,895 | 69,309 |
| Cash at bank and in hand | | 2,807 | 1,109 |
| Total current assets | | <u>35,702</u> | <u>70,418</u> |
| Creditors: amounts falling due within one year | | (35,463) | (92,480) |
| Net current assets | | 239 | (22,062) |
| Total assets less current liabilities | | <u>463</u> | <u>(21,762)</u> |
| Total net Assets (liabilities) | | 463 | (21,762) |
| Capital and reserves | | | |
| Called up share capital | | 100 | 100 |
| Profit and loss account | | <u>363</u> | <u>(21,862)</u> |
| Shareholders funds | | <u>463</u> | <u>(21,762)</u> |

- a. For the year ending 31 January 2010 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 27 October 2010

And signed on their behalf by:

L Horner, 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 January 2010

1 Accounting policies

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

Turnover

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

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Fixtures and Fittings 25.00% Reducing Balance

2 Tangible fixed assets

| | |
|--------------------|------------|
| Cost | £ |
| At 31 January 2009 | 534 |
| additions | |
| disposals | |
| revaluations | |
| transfers | |
| At 31 January 2010 | <u>534</u> |
| Depreciation | |
| At 31 January 2009 | 234 |
| Charge for year | 76 |
| on disposals | |
| At 31 January 2010 | <u>310</u> |
| Net Book Value | |
| At 31 January 2009 | 300 |
| At 31 January 2010 | <u>224</u> |

3 Transactions with directors

During the year the director, Mr L Horner, had an interest free loan. The balance at the year end was £10,877 (2009 - £8,000), which was the maximum outstanding.

4 Related party disclosures

The director, Lawrence Horner, is also a director and 100% shareholder of International Logistics Solutions Limited. During the year the company made sales of £6,945 (2009 - £36,411) to, and made purchases of £7,660 (2009 - £7,886) from International Logistics Solutions Limited. At the year end the company owed £14,078 (2009 - £19,730) to International Logistics Solutions Limited.