

REGISTERED NUMBER: 05677303 (England and Wales)

Abbreviated Unaudited Accounts for the Year Ended 31 January 2009

for

Pro Athlete Supplementation Limited

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Pro Athlete Supplementation Limited

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for the Year Ended 31 January 2009**

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Pro Athlete Supplementation Limited

Company Information
for the Year Ended 31 January 2009

DIRECTORS:

Mr J D Williams
Mr D Campbell
Mr N W S Hammill

SECRETARY:

Mr D Campbell

REGISTERED OFFICE:

Unit 23
Heads of the Valleys Industrial Estate
Rhymney
Blaenau Gwent
NP22 5RL

REGISTERED NUMBER:

05677303 (England and Wales)

ACCOUNTANTS:

Macario Lewin
Chartered Accountants
Bellarmine House
14 Upper Church Street
Chepstow
Monmouthshire
NP16 5EX

Chartered Accountants' Report to the Board of Directors
on the Unaudited Financial Statements of
Pro Athlete Supplementation Limited

The following reproduces the text of the report prepared for the directors in respect of the company's annual unaudited financial statements, from which the unaudited abbreviated accounts (set out on pages three to six) have been prepared.

In accordance with our terms of engagement and in order to assist you to fulfil your duties under the Companies Act 1985, we have compiled the financial statements of the company for the year ended 31 January 2009 which comprise the Profit and Loss Account, the Balance Sheet and the related notes from the accounting records and information and explanations you have given to us.

This report is made to the company's Board of Directors, as a body, in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the company's Board of Directors that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's Board of Directors, as a body, for our work or for this report.

We have carried out this engagement in accordance with technical guidance issued by the Institute of Chartered Accountants in England & Wales and have complied with the ethical guidance laid down by the Institute relating to members undertaking the compilation of financial statements.

You have acknowledged on the Balance Sheet as at 31 January 2009 your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 1985. You consider that the company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.



Macario Lewin
Chartered Accountants
Bellarmine House
14 Upper Church Street
Chepstow
Monmouthshire
NP16 5EX

Date: 23/9/2009

Pro Athlete Supplementation Limited

Abbreviated Balance Sheet
31 January 2009

| | Notes | 31.1.09 £ | £ | 31.1.08 £ | £ |
|--|-------|--------------|---------|--------------|----------|
| FIXED ASSETS | | | | | |
| Tangible assets | 2 | | 32,419 | | 32,902 |
| CURRENT ASSETS | | | | | |
| Stocks | | 53,361 | | 60,866 | |
| Debtors | | 25,394 | | 58,157 | |
| Cash at bank | | 10,583 | | 1,174 | |
| | | 89,338 | | 120,197 | |
| CREDITORS | | | | | |
| Amounts falling due within one year | 3 | 99,252 | | 120,861 | |
| NET CURRENT LIABILITIES | | | (9,914) | | (664) |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | | 22,505 | | 32,238 |
| CREDITORS | | | | | |
| Amounts falling due after more than one year | 3 | | (6,694) | | - |
| PROVISIONS FOR LIABILITIES | | | (4,574) | | (2,001) |
| ACCRUALS AND DEFERRED INCOME | | | (6,000) | | (12,000) |
| NET ASSETS | | | 5,237 | | 18,237 |
| CAPITAL AND RESERVES | | | | | |
| Called up share capital | 4 | | 1,098 | | 2 |
| Profit and loss account | | | 4,139 | | 18,235 |
| SHAREHOLDERS' FUNDS | | | 5,237 | | 18,237 |

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the year ended 31 January 2009.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2009 in accordance with Section 249B(2) of the Companies Act 1985.

The directors acknowledge their responsibilities for:

- ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985 and
- 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.

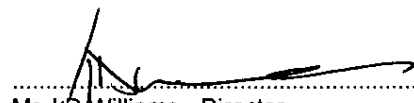
The notes form part of these abbreviated accounts

Pro Athlete Supplementation Limited

Abbreviated Balance Sheet - continued
31 January 2009

These abbreviated accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies.

The financial statements were approved by the Board of Directors on 1/9/2009 and were signed on its behalf by:


.....
Mr J.D. Williams - Director

The notes form part of these abbreviated accounts

Pro Athlete Supplementation Limited

Notes to the Abbreviated Accounts for the Year Ended 31 January 2009

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 2007).

Turnover

Turnover represents net invoiced sales of goods and services, excluding value added tax.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life or, if held under a finance lease, over the lease term, whichever is the shorter.

| | |
|---------------------|---------------|
| Computer equipment | - 20% on cost |
| Plant and machinery | - 20% on cost |
| Motor vehicles | - 33% on cost |
| Website | - 20% on cost |

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Hire purchase and leasing commitments

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is the shorter.

The interest element of these obligations is charged to the profit and loss account over the relevant period. The capital element of the future payments is treated as a liability.

Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

2. TANGIBLE FIXED ASSETS

| | Total £ |
|-----------------------|------------|
| COST | |
| At 1 February 2008 | 43,409 |
| Additions | 10,924 |
| | <hr/> |
| At 31 January 2009 | 54,333 |
| DEPRECIATION | |
| At 1 February 2008 | 10,507 |
| Charge for year | 11,407 |
| | <hr/> |
| At 31 January 2009 | 21,914 |
| NET BOOK VALUE | |
| At 31 January 2009 | 32,419 |
| | <hr/> |
| At 31 January 2008 | 32,902 |
| | <hr/> |

3. CREDITORS

Creditors include an amount of £13,731 (31.1.08 - £20,532) for which security has been given.

Pro Athlete Supplementation Limited

Notes to the Abbreviated Accounts - continued
for the Year Ended 31 January 2009

4. CALLED UP SHARE CAPITAL

| | | | | |
|----------------------|----------|----------------|---------------|---------------|
| Authorised: | | | | |
| Number: | Class: | Nominal value: | 31.1.09 | 31.1.08 |
| | | | £ | £ |
| 10,000 | Ordinary | £1 | <u>10,000</u> | <u>10,000</u> |
| | | | | |
| Allotted and issued: | | | | |
| Number: | Class: | Nominal value: | 31.1.09 | 31.1.08 |
| | | | £ | £ |
| 1,098 | Ordinary | £1 | <u>1,098</u> | <u>2</u> |
| (31.1.08 - 2) | | | | |

1,096 Ordinary shares of £1 were issued during the year for cash of £1096.

5. TRANSACTIONS WITH DIRECTORS

The following loan to directors subsisted during the years ended 31 January 2009 and 31 January 2008:

| | | |
|---|------------|----------|
| | 31.1.09 | 31.1.08 |
| | £ | £ |
| Mr J D Williams | | |
| Balance outstanding at start of year | - | - |
| Balance outstanding at end of year | 857 | - |
| Maximum balance outstanding during year | <u>857</u> | <u>-</u> |

The above existing loans are unsecured, interest free and repayable on demand.