

Registration number 05677303

**Pro Athlete Supplementation Limited**

**Abbreviated accounts**

**for the year ended 31 January 2011**



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## **Pro Athlete Supplementation Limited**

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**Pro Athlete Supplementation Limited**

**Accountants' report on the unaudited financial statements to the directors of  
Pro Athlete Supplementation Limited**

As described on the balance sheet you are responsible for the preparation of the financial statements for the year ended 31 January 2011 set out on pages 2 to 5 and you consider that the company is exempt from an audit. In accordance with your instructions we have compiled these unaudited financial statements, in order to assist you to fulfil your statutory responsibilities, from the accounting records and information supplied to us.

**The Beverley Bureau Ltd**

**73 Newport Road  
Cwmearn  
Crosskeys  
Gwent  
NP11 7LZ**

**Date: 26 October 2011**

**Pro Athlete Supplementation Limited**

**Abbreviated balance sheet  
as at 31 January 2011**

|  |              | <b>2011</b>      |                      | <b>2010</b>      |                      |
|--|--------------|------------------|----------------------|------------------|----------------------|
|  | <b>Notes</b> | <b>£</b>         | <b>£</b>             | <b>£</b>         | <b>£</b>             |
| <b>Fixed assets</b>  |              |                  |                      |                  |                      |
| Tangible assets  | <b>2</b>     |                  | 14,664               |                  | 25,064               |
| <b>Current assets</b>  |              |                  |                      |                  |                      |
| Stocks   |              | 28,852           |                      | 14,711           |                      |
| Debtors  |              | 119,115          |                      | 140,273          |                      |
| Cash at bank and in hand                                       |              | 6,426            |                      | 2,898            |                      |
|  |              | <u>154,393</u>   |                      | <u>157,882</u>   |                      |
| <b>Creditors: amounts falling due within one year</b>          | <b>3</b>     | <u>(108,437)</u> |                      | <u>(121,431)</u> |                      |
| <b>Net current assets</b>                                      |              |                  | <u>45,956</u>        |                  | <u>36,451</u>        |
| <b>Total assets less current liabilities</b>                   |              |                  | 60,620               |                  | 61,515               |
| <b>Creditors: amounts falling due after more than one year</b> |              |                  | -                    |                  | (1,358)              |
| <b>Provisions for liabilities</b>                              |              |                  | (2,022)              |                  | (3,942)              |
| <b>Accruals and deferred income</b>                            |              |                  | <u>-</u>             |                  | <u>(3,000)</u>       |
| <b>Net assets</b>  |              |                  | <u><u>58,598</u></u> |                  | <u><u>53,215</u></u> |
| <b>Capital and reserves</b>                                    |              |                  |                      |                  |                      |
| Called up share capital  | <b>4</b>     |                  | 1,200                |                  | 1,200                |
| Profit and loss account  |              |                  | <u>57,398</u>        |                  | <u>52,015</u>        |
| <b>Shareholders' funds</b>                                     |              |                  | <u><u>58,598</u></u> |                  | <u><u>53,215</u></u> |

The directors' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet

**The notes on pages 4 to 5 form an integral part of these financial statements.**

**Pro Athlete Supplementation Limited**

**Abbreviated balance sheet (continued)**

**Directors' statements required by Sections 475(2) and (3)  
for the year ended 31 January 2011**

In approving these abbreviated accounts as directors of the company we hereby confirm

- (a) that for the year stated above the company was entitled to the exemption conferred by Section 477 of the Companies Act 2006 ,
- (b) that no notice has been deposited at the registered office of the company pursuant to Section 476 requesting that an audit be conducted for the year ended 31 January 2011 , and
- (c) that we acknowledge our responsibilities for
  - (1) ensuring that the company keeps accounting records which comply with Section 386 ; and
  - (2) preparing financial statements 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 year then ended in accordance with the requirements of Section 393 and which otherwise comply with the provisions of the Companies Act 2006 relating to financial statements, so far as applicable to the company

These abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies

The abbreviated accounts were approved by the Board on 26 October 2011 and signed on its behalf by



**J D Williams**  
**Director**

**Registration number 05677303**

**The notes on pages 4 to 5 form an integral part of these financial statements.**

## **Pro Athlete Supplementation Limited**

### **Notes to the abbreviated financial statements for the year ended 31 January 2011**

#### **1. Accounting policies**

##### **1.1. Accounting convention**

The accounts 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 the total invoice value, excluding value added tax, of sales made during the year and derives from the provision of goods falling within the company's ordinary activities

##### **1.3. Tangible fixed assets and depreciation**

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows

|                                     |   |                   |
|-------------------------------------|---|-------------------|
| Plant and machinery                 | - | 20% straight line |
| Fixtures, fittings<br>and equipment | - | 20% straight line |
| Motor vehicles                      | - | 33% straight line |

##### **1.4. Leasing and hire purchase commitments**

Assets obtained under hire purchase contracts and finance leases are capitalised as tangible assets and depreciated over the shorter of the lease term and their useful lives. Obligations under such agreements are included in creditors net of the finance charge allocated to future periods. The finance element of the rental payment is charged to the profit and loss account so as to produce constant periodic rates of charge on the net obligations outstanding in each period

##### **1.5. Stock**

Stock is valued at the lower of cost and net realisable value

##### **1.6. Deferred taxation**

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

##### **1.7. Government grants**

Grants are credited to deferred revenue. Grants towards capital expenditure are released to the profit and loss account over the expected useful life of the assets. Grants towards revenue expenditure are released to the profit and loss account as the related expenditure is incurred

**Pro Athlete Supplementation Limited**

**Notes to the abbreviated financial statements  
for the year ended 31 January 2011**

continued

|  |                              |             |
|--|------------------------------|-------------|
| <b>2. Fixed assets</b>                                   | <b>Tangible fixed assets</b> |             |
|  | <b>£</b>                     |             |
| <b>Cost</b>  |                              |             |
| At 1 February 2010                                       |                              | 51,995      |
| At 31 January 2011                                       |                              | 51,995      |
| <b>Depreciation</b>                                      |                              |             |
| At 1 February 2010                                       |                              | 26,932      |
| Charge for year  |                              | 10,399      |
| At 31 January 2011                                       |                              | 37,331      |
| <b>Net book values</b>                                   |                              |             |
| At 31 January 2011                                       |                              | 14,664      |
| At 31 January 2010                                       |                              | 25,063      |
| <b>3. Creditors: amounts falling due within one year</b> | <b>2011</b>                  | <b>2010</b> |
|  | <b>£</b>                     | <b>£</b>    |
| Creditors include the following                          |                              |             |
| Secured creditors  | 1,358                        | 6,589       |
| <b>4. Share capital</b>                                  | <b>2011</b>                  | <b>2010</b> |
|  | <b>£</b>                     | <b>£</b>    |
| <b>Authorised</b>  |                              |             |
| 1,200 Ordinary shares of £1 each                         | 1,200                        | 1,200       |
| <b>Allotted, called up and fully paid</b>                |                              |             |
| 1,200 Ordinary shares of £1 each                         | 1,200                        | 1,200       |
| <b>Equity Shares</b>                                     |                              |             |
| 1,200 Ordinary shares of £1 each                         | 1,200                        | 1,200       |
| <b>5. Transactions with directors</b>                    |                              |             |

As at 31 January 2011 the company owed Mr J D Williams £17, and Mr D Campbell £15,688 (2010 £20,000) No interest is being charged on this loan and there is no fixed date for repayment