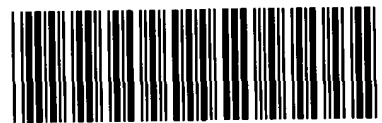


Company registration number: 05677303

**Pro Athlete Supplementation Limited**  
**Unaudited filleted financial statements**  
**31 January 2021**

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## **Pro Athlete Supplementation Limited**

### **Contents**

	<b>Page</b>
Directors and other information	<b>1</b>
Statement of financial position	<b>2 - 3</b>
Notes to the financial statements	<b>4 - 9</b>

## **Pro Athlete Supplementation Limited**

### **Directors and other information**

<b>Directors</b>	Mr J D Williams Mr D A Campbell
<b>Secretary</b>	Mr D A Campbell
<b>Company number</b>	05677303
<b>Registered office</b>	Unit 25 Heads of the Valley Industrial Estate Rhymney Blaenau Gwent NP22 5RL
<b>Accountants</b>	Beverley & Williams Accountants Ltd Unit A, St Davids House Feeder Row Cwmcarn Newport, Gwent NP11 7ED

**Pro Athlete Supplementation Limited**

**Statement of financial position**

**31 January 2021**

	Note	2021 £	£	2020 £	£
<b>Fixed assets</b>					
Tangible assets	5	<u>26,721</u>		<u>34,613</u>	
			26,721		34,613
<b>Current assets</b>					
Stocks		170,345		161,858	
Debtors	6	117,132		253,096	
Cash at bank and in hand		<u>99,834</u>		<u>26,007</u>	
		387,311		440,961	
<b>Creditors: amounts falling due within one year</b>	7	<u>(127,524)</u>		<u>(286,489)</u>	
<b>Net current assets</b>			259,787		154,472
<b>Total assets less current liabilities</b>			<u>286,508</u>		<u>189,085</u>
<b>Creditors: amounts falling due after more than one year</b>	8		(50,000)		(16,494)
<b>Provisions for liabilities</b>			(5,077)		(6,577)
<b>Net assets</b>			<u>231,431</u>		<u>166,014</u>
<b>Capital and reserves</b>					
Called up share capital			1,200		1,200
Profit and loss account			<u>230,231</u>		<u>164,814</u>
<b>Shareholders funds</b>			<u>231,431</u>		<u>166,014</u>

For the year ending 31 January 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

**The notes on pages 4 to 9 form part of these financial statements.**

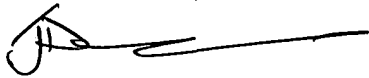
**Pro Athlete Supplementation Limited**

**Statement of financial position (continued)**  
**31 January 2021**

These financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with Section 1A of FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In accordance with section 444 of the Companies Act 2006, the statement of comprehensive income has not been delivered.

These financial statements were approved by the board of directors and authorised for issue on 26 February 2021, and are signed on behalf of the board by:



Mr J D Williams  
Director

Company registration number: 05677303

**The notes on pages 4 to 9 form part of these financial statements.**

## **Pro Athlete Supplementation Limited**

### **Notes to the financial statements**

**Year ended 31 January 2021**

#### **1. General information**

The company is a private company limited by shares, registered in England and Wales. The address of the registered office is Unit 25, Heads of the Valley Industrial Estate, Rhymney, Blaenau Gwent, NP22 5RL.

#### **2. Statement of compliance**

These financial statements have been prepared in compliance with the provisions of FRS 102, Section 1A, 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'. The Triennial review 2017 amendments to the standard have been early adopted.

#### **3. Accounting policies**

##### **Basis of preparation**

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through profit or loss.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### **Turnover**

Turnover is measured at the fair value of the consideration received or receivable for goods supplied and services rendered, net of discounts and Value Added Tax.

Revenue from the sale of goods is recognised when the significant risks and rewards of ownership have transferred to the buyer (usually on despatch of the goods); the amount of revenue can be measured reliably; it is probable that the associated economic benefits will flow to the entity; and the costs incurred or to be incurred in respect of the transactions can be measured reliably.

##### **Taxation**

The taxation expense represents the aggregate amount of current and deferred tax recognised in the reporting period. Tax is recognised in the statement of comprehensive income, except to the extent that it relates to items recognised in other comprehensive income or directly in capital and reserves. In this case, tax is recognised in other comprehensive income or directly in capital and reserves, respectively.

Current tax is recognised on taxable profit for the current and past periods. Current tax is measured at the amounts of tax expected to pay or recover using the tax rates and laws that have been enacted or substantively enacted at the reporting date.

Deferred tax is recognised in respect of all timing differences at the reporting date. Unrelieved tax losses and other deferred tax assets are recognised to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date that are expected to apply to the reversal of the timing difference.

##### **Operating leases**

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

## **Pro Athlete Supplementation Limited**

### **Notes to the financial statements (continued)**

**Year ended 31 January 2021**

#### **Tangible assets**

Tangible assets are initially recorded at cost, and are subsequently stated at cost less any accumulated depreciation and impairment losses.

Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other comprehensive income and accumulated in capital and reserves, except to the extent it reverses a revaluation decrease of the same asset previously recognised in profit or loss. A decrease in the carrying amount of an asset as a result of revaluation is recognised in other comprehensive income to the extent of any previously recognised revaluation increase accumulated in capital and reserves in respect of that asset. Where a revaluation decrease exceeds the accumulated revaluation gains accumulated in capital and reserves in respect of that asset, the excess shall be recognised in profit or loss.

#### **Depreciation**

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Plant and machinery	- 20%	straight line
Computer equipment and website	- 20%	straight line
Fixtures and fittings	- 20%	straight line

If there is an indication that there has been a significant change in depreciation rate, useful life or residual value of tangible assets, the depreciation is revised prospectively to reflect the new estimates.

#### **Stocks**

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stocks to their present location and condition.

#### **Hire purchase and finance leases**

Assets held under finance leases are recognised in the statement of financial position as assets and liabilities at the lower of the fair value of the assets and the present value of the minimum lease payments, which is determined at the inception of the lease term. Any initial direct costs of the lease are added to the amount recognised as an asset.

Lease payments are apportioned between the finance charges and reduction of the outstanding lease liability using the effective interest method. Finance charges are allocated to each period so as to produce a constant rate of interest on the remaining balance of the liability.

## **Pro Athlete Supplementation Limited**

### **Notes to the financial statements (continued)**

**Year ended 31 January 2021**

#### **Government grants**

Government grants are recognised at the fair value of the asset received or receivable. Grants are not recognised until there is reasonable assurance that the company will comply with the conditions attaching to them and the grants will be received.

Government grants are recognised using the accrual model and the performance model.

Under the accrual model, government grants relating to revenue are recognised on a systematic basis over the periods in which the company recognises the related costs for which the grant is intended to compensate. Grants that are receivable as compensation for expenses or losses already incurred or for the purpose of giving immediate financial support to the entity with no future related costs are recognised in income in the period in which it becomes receivable.

Grants relating to assets are recognised in income on a systematic basis over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income and not deducted from the carrying amount of the asset.

Under the performance model, where the grant does not impose specified future performance-related conditions on the recipient, it is recognised in income when the grant proceeds are received or receivable. Where the grant does impose specified future performance-related conditions on the recipient, it is recognised in income only when the performance-related conditions have been met. Where grants received are prior to satisfying the revenue recognition criteria, they are recognised as a liability.

#### **Provisions**

Provisions are recognised when the entity has an obligation at the reporting date as a result of a past event; it is probable that the entity will be required to transfer economic benefits in settlement and the amount of the obligation can be estimated reliably. Provisions are recognised as a liability in the statement of financial position and the amount of the provision as an expense.

Provisions are initially measured at the best estimate of the amount required to settle the obligation at the reporting date and subsequently reviewed at each reporting date and adjusted to reflect the current best estimate of the amount that would be required to settle the obligation. Any adjustments to the amounts previously recognised are recognised in profit or loss unless the provision was originally recognised as part of the cost of an asset. When a provision is measured at the present value of the amount expected to be required to settle the obligation, the unwinding of the discount is recognised in finance costs in profit or loss in the period it arises.



## **Pro Athlete Supplementation Limited**

### **Notes to the financial statements (continued)**

**Year ended 31 January 2021**

#### **Financial instruments**

A financial asset or a financial liability is recognised only when the company becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the transaction price, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Debt instruments are subsequently measured at amortised cost.

Where investments in non-convertible preference shares and non-puttable ordinary shares or preference shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in profit or loss. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in profit or loss, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised in profit or loss immediately.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised in profit or loss immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

#### **4. Employee numbers**

The average number of persons employed by the company during the year amounted to 5 (2020: 5).

**Pro Athlete Supplementation Limited**

**Notes to the financial statements (continued)**  
**Year ended 31 January 2021**

**5. Tangible assets**

	Plant and machinery	Computer equipment and website	Fixtures and fittings	Total
	£	£	£	£
<b>Cost</b>				
At 1 February 2020	27,166	23,488	3,393	54,047
Additions	-	13,368	1,470	14,838
Disposals	(27,166)	-	-	(27,166)
<b>At 31 January 2021</b>	<b>-</b>	<b>36,856</b>	<b>4,863</b>	<b>41,719</b>
<b>Depreciation</b>				
At 1 February 2020	11,772	6,710	952	19,434
Charge for the year	-	6,511	825	7,336
Disposals	(11,772)	-	-	(11,772)
<b>At 31 January 2021</b>	<b>-</b>	<b>13,221</b>	<b>1,777</b>	<b>14,998</b>
<b>Carrying amount</b>				
<b>At 31 January 2021</b>	<b>-</b>	<b>23,635</b>	<b>3,086</b>	<b>26,721</b>
At 31 January 2020	15,394	16,778	2,441	34,613

**6. Debtors**

	2021	2020
	£	£
Trade debtors	106,221	142,484
Prepayments and accrued income	1,475	98,964
Other debtors	9,436	11,648
	<b>117,132</b>	<b>253,096</b>

**7. Creditors: amounts falling due within one year**

	2021	2020
	£	£
Bank loan	12,394	16,796
Trade creditors	88,912	159,050
Accruals and deferred income	11,900	100,044
Social security and other taxes	13,506	776
Other creditors	812	9,823
	<b>127,524</b>	<b>286,489</b>

The bank loan is secured by a fixed and floating charge over the company's assets.

**Pro Athlete Supplementation Limited**

**Notes to the financial statements (continued)**

**Year ended 31 January 2021**

**8. Creditors: amounts falling due after more than one year**

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Bank loan	50,000	11,563
Other creditors	-	4,931
	<u>50,000</u>	<u>16,494</u>

**9. Directors advances, credits and guarantees**

During the year the directors entered into the following advances and credits with the company:

	<b>2021</b>			
	Balance brought forward	Advances /(credits) to the directors	Amounts repaid	Balance o/standing
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Mr J D Williams	(1,121)	27,940	(27,600)	(781)
Mr D A Campbell	(8)	27,577	(27,600)	(31)
	<u>(1,129)</u>	<u>55,517</u>	<u>(55,200)</u>	<u>(812)</u>

	<b>2020</b>			
	Balance brought forward	Advances /(credits) to the directors	Amounts repaid	Balance o/standing
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Mr J D Williams	(224)	27,103	(28,000)	(1,121)
Mr D A Campbell	(347)	28,339	(28,000)	(8)
	<u>(571)</u>	<u>55,442</u>	<u>(56,000)</u>	<u>(1,129)</u>

**10. Controlling party**

The company is under the control of the directors.