

ACCELERATE LIFESTYLE LIMITED

UNAUDITED

ABBREVIATED ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2010

WEDNESDAY



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22/12/2010

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COMPANIES HOUSE

ACCELERATE LIFESTYLE LIMITED
REGISTERED NUMBER: 05739374

ABBREVIATED BALANCE SHEET
AS AT 31 MARCH 2010

	Note	£	2010 £	£	2009 £
FIXED ASSETS					
Tangible assets	2		15,540		20,720
CURRENT ASSETS					
Stocks		47,430		43,549	
Debtors		1,176		14,062	
Cash at bank		4,631		5,908	
			<u>53,237</u>	<u>63,519</u>	
CREDITORS: amounts falling due within one year		(30,312)		(51,876)	
NET CURRENT ASSETS			<u>22,925</u>		<u>11,643</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>38,465</u>		<u>32,363</u>
CREDITORS. amounts falling due after more than one year			(52,500)		(37,500)
NET LIABILITIES			<u>(14,035)</u>		<u>(5,137)</u>
CAPITAL AND RESERVES					
Called up share capital	3		10,000		10,000
Profit and loss account			(24,035)		(15,137)
SHAREHOLDERS' DEFICIT			<u>(14,035)</u>		<u>(5,137)</u>

The directors consider that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the company to obtain an audit for the year in question in accordance with section 476 of the Act. The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at 31 March 2010 and of its loss for the year then ended in accordance with the requirements of sections 394 and 395 of the Act and which otherwise comply with the requirements of the Companies Act 2006 relating to the financial statements so far as applicable to the company.

The abbreviated accounts, which have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006, were approved and authorised for issue by the board and were signed on its behalf on 21 December 2010.



Deborah Smith
Director

The notes on page 2 form part of these financial statements

ACCELERATE LIFESTYLE LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2010

1. ACCOUNTING POLICIES

1.1 Basis of preparation of financial statements

The full financial statements, from which these abbreviated accounts have been extracted, have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

1.2 Turnover

Turnover comprises revenue recognised by the company in respect of goods and services supplied, exclusive of Value Added Tax and trade discounts

1.3 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 of fixed assets, less their estimated residual value, over their expected useful lives on the following bases

Plant & machinery - 25% reducing balance

2 TANGIBLE FIXED ASSETS

	£
Cost	
At 1 April 2009 and 31 March 2010	28,651
Depreciation	
At 1 April 2009	7,931
Charge for the year	5,180
At 31 March 2010	13,111
Net book value	
At 31 March 2010	15,540
At 31 March 2009	20,720

3. SHARE CAPITAL

	2010 £	2009 £
Allotted, called up and fully paid		
1 Ordinary Shares of £1 each share of £10000	10,000	10,000