

Registered number  
05779636

3NESS LIMITED  
Report and Accounts  
30 April 2011

WEDNESDAY

COMPANIES HOUSE



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**3NESS LIMITED**  
**Report and accounts**

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**3NESS LIMITED**

**Registered number: 05779636**

**Directors' Report**

The directors present their report and accounts for the year ended 30 April 2011

**Principal activities**

The company's principal activity during the year continued to be the provision of Health and Fitness including Other Support Services

**Directors**

The following persons served as directors during the year

P Francis

**Small company provisions**

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime

This report was approved by the board on 8 September 2011 and signed by its order

A handwritten signature in black ink, appearing to be 'P. Francis', written in a cursive style.

P Francis  
Secretary

**3NESS LIMITED**  
**Accountants' Report**

**Accountants' report to the directors of**  
**3NESS LIMITED**

You consider that the company is exempt from an audit for the year ended 30 April 2011. You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial year and of its profit or loss for the financial year.

In accordance with your instructions, we have prepared the accounts which comprise the Profit and Loss Account, the Balance Sheet and the related notes from the accounting records of the company and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.

ABEL & Co  
Chartered Certified Accountants

229 Westrow Drive  
Barking  
Essex  
IG11 9BS

8 September 2011

**3NESS LIMITED**  
**Profit and Loss Account**  
**for the year ended 30 April 2011**

	<b>Notes</b>	<b>2011 £</b>	<b>2010 £</b>
<b>Turnover</b>		126,004	115,496
Cost of sales		(85,913)	(78,047)
<b>Gross profit</b>		<u>40,091</u>	<u>37,449</u>
Administrative expenses		(29,044)	(33,414)
<b>Operating profit</b>	2	<u>11,047</u>	<u>4,035</u>
Interest receivable		21	7
<b>Profit on ordinary activities before taxation</b>		<u>11,068</u>	<u>4,042</u>
Tax on profit on ordinary activities	3	(610)	-
<b>Profit for the financial year</b>		<u>10,458</u>	<u>4,042</u>

**3NESS LIMITED**  
**Balance Sheet**  
**as at 30 April 2011**

	Notes	2011 £	2010 £
<b>Fixed assets</b>			
Tangible assets	4	2,299	3,066
<b>Current assets</b>			
Cash at bank and in hand		18,833	43,423
<b>Creditors amounts falling due within one year</b>	5	(18,834)	(54,649)
<b>Net current liabilities</b>		(1)	(11,226)
<b>Net assets/(liabilities)</b>		<u>2,298</u>	<u>(8,160)</u>
<b>Capital and reserves</b>			
Called up share capital	6	2	2
Profit and loss account	7	2,296	(8,162)
<b>Shareholders' funds</b>		<u>2,298</u>	<u>(8,160)</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006

Members have not required the company to obtain an audit in accordance with section 476 of the Act

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime



P. Francis  
 Director

Approved by the board on 8 September 2011

**3NESS LIMITED**  
**Notes to the Accounts**  
**for the year ended 30 April 2011**

**1 Accounting policies**

***Basis of preparation***

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 the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers

***Depreciation***

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

Plant and machinery	25% Reducing Balance
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***Deferred taxation***

Full provision is made for deferred taxation resulting from timing differences between the recognition of gains and losses in the accounts and their recognition for tax purposes. Deferred taxation is calculated on an un-discounted basis at the tax rates which are expected to apply in the periods when the timing differences will reverse

<b>2 Operating profit</b>	<b>2011</b>	<b>2010</b>
	<b>£</b>	<b>£</b>
This is stated after charging		
Depreciation of owned fixed assets	<u>767</u>	<u>1,022</u>

<b>3 Taxation</b>	<b>2011</b>	<b>2010</b>
	<b>£</b>	<b>£</b>
UK corporation tax	<u>610</u>	<u>-</u>

<b>4 Tangible fixed assets</b>	<b>Plant and machinery etc £</b>
<b>Cost</b>	
At 1 May 2010	<u>5,415</u>
At 30 April 2011	<u>5,415</u>
<b>Depreciation</b>	
At 1 May 2010	2,349
Charge for the year	767

**3NESS LIMITED**  
**Notes to the Accounts**  
**for the year ended 30 April 2011**

At 30 April 2011				<u>3,116</u>
<b>Net book value</b>				
At 30 April 2011				<u>2,299</u>
At 30 April 2010				<u>3,066</u>
<b>5 Creditors amounts falling due within one year</b>			<b>2011</b>	<b>2010</b>
			<b>£</b>	<b>£</b>
Trade creditors			111	2,986
Corporation tax			610	-
Other taxes and social security costs			3,347	1,348
Other creditors			14,766	50,315
			<u>18,834</u>	<u>54,649</u>
<b>6 Share capital</b>	<b>Nominal value</b>	<b>2011 Number</b>	<b>2011 £</b>	<b>2010 £</b>
Allotted, called up and fully paid				
B Ordinary shares	£1 each	2	<u>2</u>	<u>2</u>
<b>7 Profit and loss account</b>			<b>2011</b>	
			<b>£</b>	
At 1 May 2010			(8,162)	
Profit for the year			10,458	
			<u>2,296</u>	
At 30 April 2011				