3NESS LIMITED

Report and Accounts

30 April 2009

MONDAY



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3NESS LIMITED Report and accounts

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3NESS LIMITED Director's Report

The director presents his report and accounts for the year ended 30 April 2009.

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 30.01.2010.

P. Francis

Director

3NESS LIMITED Accountants' Report

Accountants' report to the director of 3NESS LIMITED

You consider that the company is exempt from an audit for the year ended 30 April 2009. 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

30.01.2010

3NESS LIMITED Profit and Loss Account for the year ended 30 April 2009

| | Notes | 2009 £ | 2008 £ |
|--|-------|-----------|-----------|
| Turnover | | 105,117 | 97,903 |
| Cost of sales | | (67,825) | (84,348) |
| Gross profit | | 37,292 | 13,555 |
| Administrative expenses | | (20,039) | (24,634) |
| Operating profit/(loss) | 2 | 17,253 | (11,079) |
| Interest receivable | | 61 | 252 |
| Profit/(loss) on ordinary activities before taxation | n | 17,314 | (10,827) |
| Tax on profit/(loss) on ordinary activities | | - | - |
| Profit/(loss) for the financial year | | 17,314 | (10,827) |

3NESS LIMITED Balance Sheet as at 30 April 2009

| | Notes | | 2009 £ | | 2008 £ |
|--|-----------------|----------|---------------|----------|---------------|
| Fixed assets Tangible assets | 3 | | 968 | | 1,291 |
| Current assets Cash at bank and in hand | | 19,905 | | 4,725 | |
| Creditors: amounts falling du within one year | l e 4 | (33,075) | | (35,532) | |
| Net current liabilities | | | (13,170) | | (30,807) |
| Net liabilities | | | (12,202) | - - | (29,516) |
| Capital and reserves Called up share capital Profit and loss account | 5 6 | | 2 (12,204) | | 2 (29,518) |
| Shareholder's funds | | | (12,202) | - | (29,516) |

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that the member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges his 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 30.01.2010

3NESS LIMITED Notes to the Accounts for the year ended 30 April 2009

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

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.

| 2 | Operating profit | 2009 | 2008 |
|---|------------------------------------|------|------------------------------------|
| | This is stated after charging: | £ | £ |
| | Depreciation of owned fixed assets | 323 | 430 |
| 3 | Tangible fixed assets | | Plant and machinery etc £ |
| | Cost | | £ |
| | At 1 May 2008 | | 2,295 |
| | At 30 April 2009 | | 2,295 |
| | Depreciation | | |
| | At 1 May 2008 | | 1,004 |
| | Charge for the year | | 323 |
| | At 30 April 2009 | | 1,327 |
| | Net book value | | |
| | At 30 April 2009 | | 968 |
| | At 30 April 2008 | | 1,291 |

3NESS LIMITED Notes to the Accounts for the year ended 30 April 2009

| 4 | Creditors: amounts falling due withir | one year | | 2009 £ | 2008 £ |
|---|---------------------------------------|----------|------|-----------|-----------|
| | Trade creditors | | | 2,701 | 11,966 |
| | Other taxes and social security costs | | | 5,022 | 55 |
| | Other creditors | | _ | 25,352 | 23,511 |
| | | | - | 33,075 | 35,532 |
| 5 | Share capital | 2009 | 2008 | 2009 | 2008 |
| | | No | No | £ | £ |
| | Allotted, called up and fully paid: | | | | |
| | Ordinary shares of £1 each | 2 | 2 - | 2 | 2 |
| 6 | Profit and loss account | | | 2009 | |
| | | | | £ | |
| | At 1 May 2008 | | | (29,518) | |
| | Profit for the year | | | 17,314 | |
| | At 30 April 2009 | | _ | (12,204) | |