

Registered number  
05779636

3NESS LIMITED  
Report and Accounts  
30 April 2009

MONDAY



\*ADR78H5F\*

A05

01/02/2010

34

COMPANIES HOUSE



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

**Contents**

	<b>Page</b>
Director's Report	1
Accountants' Report	2
Profit and loss Account	3
Balance Sheet	4
Notes to the Accounts	5



**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.

A handwritten signature in black ink, appearing to read 'P. Francis', is positioned above the printed name and title.

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**

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



**3NESS LIMITED**  
**Balance Sheet**  
**as at 30 April 2009**

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

<b>4 Creditors: amounts falling due within one year</b>	<b>2009</b>	<b>2008</b>
	<b>£</b>	<b>£</b>
Trade creditors	2,701	11,966
Other taxes and social security costs	5,022	55
Other creditors	25,352	23,511
	<u>33,075</u>	<u>35,532</u>

<b>5 Share capital</b>	<b>2009</b>	<b>2008</b>	<b>2009</b>	<b>2008</b>
	<b>No</b>	<b>No</b>	<b>£</b>	<b>£</b>
Allotted, called up and fully paid:				
Ordinary shares of £1 each	2	2	<u>2</u>	<u>2</u>

<b>6 Profit and loss account</b>	<b>2009</b>
	<b>£</b>
At 1 May 2008	(29,518)
Profit for the year	17,314
	<u>(12,204)</u>
At 30 April 2009	