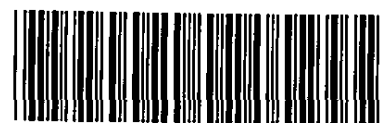


Registered number  
05779636

3NESS LIMITED  
Report and Accounts  
30 April 2010

WEDNESDAY



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COMPANIES HOUSE

**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 2010

**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 18 January 2011

A handwritten signature in black ink, appearing to read 'P. Francis', with a stylized, flowing script.

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 2010. 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

18 January 2011

**3NESS LIMITED**  
**Profit and Loss Account**  
**for the year ended 30 April 2010**

	<b>Notes</b>	<b>2010 £</b>	<b>2009 £</b>
<b>Turnover</b>		115,496	105,117
Cost of sales		(78,047)	(67,825)
<b>Gross profit</b>		<u>37,449</u>	<u>37,292</u>
Administrative expenses		(33,414)	(20,039)
<b>Operating profit</b>	<b>2</b>	<u>4,035</u>	<u>17,253</u>
Interest receivable		7	61
<b>Profit on ordinary activities before taxation</b>		<u>4,042</u>	<u>17,314</u>
Tax on profit on ordinary activities		-	-
<b>Profit for the financial year</b>		<u>4,042</u>	<u>17,314</u>

**3NESS LIMITED**  
**Balance Sheet**  
**as at 30 April 2010**

	Notes	2010 £	2009 £
<b>Fixed assets</b>			
Tangible assets	3	3,066	968
<b>Current assets</b>			
Cash at bank and in hand		43,423	19,905
<b>Creditors: amounts falling due within one year</b>	4	(54,649)	(33,075)
<b>Net current liabilities</b>		(11,226)	(13,170)
<b>Net liabilities</b>		(8,160)	(12,202)
<b>Capital and reserves</b>			
Called up share capital	5	2	2
Profit and loss account	6	(8,162)	(12,204)
<b>Shareholder's funds</b>		(8,160)	(12,202)

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 18 January 2011

**3NESS LIMITED**  
**Notes to the Accounts**  
**for the year ended 30 April 2010**

**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

<b>2 Operating profit</b>	<b>2010</b>	<b>2009</b>
	<b>£</b>	<b>£</b>
This is stated after charging		
Depreciation of owned fixed assets	<u>1,022</u>	<u>323</u>

**3 Tangible fixed assets**

	<b>Plant and machinery etc £</b>
<b>Cost</b>	
At 1 May 2009	2,295
Additions	<u>3,120</u>
At 30 April 2010	<u>5,415</u>
<b>Depreciation</b>	
At 1 May 2009	1,327
Charge for the year	<u>1,022</u>
At 30 April 2010	<u>2,349</u>
<b>Net book value</b>	
At 30 April 2010	<u>3,066</u>
At 30 April 2009	<u>968</u>

**3NESS LIMITED**  
**Notes to the Accounts**  
**for the year ended 30 April 2010**

<b>4 Creditors' amounts falling due within one year</b>	<b>2010</b>	<b>2009</b>
	<b>£</b>	<b>£</b>
Trade creditors	2,986	2,701
Other taxes and social security costs	1,348	5,022
Other creditors	50,315	25,352
	<u>54,649</u>	<u>33,075</u>

<b>5 Share capital</b>	<b>2010</b>	<b>2009</b>	<b>2010</b>	<b>2009</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>2010</b>
	<b>£</b>
At 1 May 2009	(12,204)
Profit for the year	4,042
	<u>(8,162)</u>
At 30 April 2010	