

REGISTERED NUMBER: 05912288 (England and Wales)

ABBREVIATED UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31 AUGUST 2013

FOR

ABSOLUTE TRAINING LTD

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for the Year Ended 31 August 2013**

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ABSOLUTE TRAINING LTD
COMPANY INFORMATION
for the Year Ended 31 August 2013

DIRECTORS: K Tucker
C Valvona

SECRETARY: K Tucker

REGISTERED OFFICE: 15 Wrensfield
Boxmoor
Hemel Hempstead
Hertfordshire
HP1 1RN

REGISTERED NUMBER: 05912288 (England and Wales)

ACCOUNTANTS: COLIN GRAY & CO. LIMITED
Chartered Accountants
Hardy House
Northbridge Road
Berkhamsted
Hertfordshire
HP4 1EF

ABBREVIATED BALANCE SHEET
31 August 2013

	Notes	2013 £	£	2012 £	£
FIXED ASSETS					
Tangible assets	2		168		531
CURRENT ASSETS					
Debtors		9,786		2,324	
Cash at bank and in hand		<u>15,775</u>		<u>15,235</u>	
		25,561		17,559	
CREDITORS					
Amounts falling due within one year		<u>26,680</u>		<u>20,954</u>	
NET CURRENT LIABILITIES			<u>(1,119)</u>		<u>(3,395)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>(951)</u>		<u>(2,864)</u>
CAPITAL AND RESERVES					
Called up share capital	3		100		100
Profit and loss account			<u>(1,051)</u>		<u>(2,964)</u>
SHAREHOLDERS' FUNDS			<u>(951)</u>		<u>(2,864)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2013.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2013 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.
- (b)

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on 16 January 2014 and were signed on its behalf by:

K Tucker - Director

**NOTES TO THE ABBREVIATED ACCOUNTS
for the Year Ended 31 August 2013**

1. ACCOUNTING POLICIES

Accounting convention

The financial statements 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 net invoiced sales of goods, excluding value added tax.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off the cost less estimated residual value of each asset over its estimated useful life.

Plant and machinery - 33% on cost

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to the profit and loss account in the period to which they relate.

2. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 September 2012 and 31 August 2013	<u>2,806</u>
DEPRECIATION	
At 1 September 2012	2,275
Charge for year	<u>363</u>
At 31 August 2013	<u>2,638</u>
NET BOOK VALUE	
At 31 August 2013	<u>168</u>
At 31 August 2012	<u>531</u>

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2013 £	2012 £
100	Ordinary	£1	<u>100</u>	<u>100</u>

NOTES TO THE ABBREVIATED ACCOUNTS - continued
for the Year Ended 31 August 2013

4. DIRECTORS' ADVANCES, CREDITS AND GUARANTEES

The following advances and credits to directors subsisted during the years ended 31 August 2013 and 31 August 2012:

	2013 £	2012 £
K Tucker		
Balance outstanding at start of year	-	-
Amounts advanced	5,000	-
Amounts repaid	(996)	-
Balance outstanding at end of year	<u>4,004</u>	<u>-</u>
C Valvona		
Balance outstanding at start of year	-	-
Amounts advanced	4,500	-
Amounts repaid	(1,109)	-
Balance outstanding at end of year	<u>3,391</u>	<u>-</u>

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.