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REGISTERED NUMBER: 06072251 (England and Wales)

**ABBREVIATED UNAUDITED ACCOUNTS**  
**FOR THE PERIOD 29 JANUARY 2007 TO 31 MARCH 2008**  
**FOR**  
**INSIDE OUT COACHING LIMITED**

THURSDAY



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A40

13/11/2008

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COMPANIES HOUSE

**INSIDE OUT COACHING LIMITED**  
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**FOR THE PERIOD 29 JANUARY 2007 TO 31 MARCH 2008**

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**INSIDE OUT COACHING LIMITED**  
**COMPANY INFORMATION**  
**FOR THE PERIOD 29 JANUARY 2007 TO 31 MARCH 2008**

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**DIRECTOR:** Ms S Stanley

**SECRETARY:** P Stanley

**REGISTERED OFFICE** 2 Churchill Court  
58 Station Road  
North Harrow  
Middlesex  
HA2 7SA

**REGISTERED NUMBER** 06072251 (England and Wales)

**ACCOUNTANTS:** RCG & Co  
Chartered Certified Accountants  
2 Churchill Court  
58 Station Road  
North Harrow  
Middlesex  
HA2 7SA

**BANKERS:** HSBC  
74 Goswell Road  
Clerkenwell  
London  
EC1V 7DA

# INSIDE OUT COACHING LIMITED

## ABBREVIATED BALANCE SHEET 31 MARCH 2008

	Notes	£	£
<b>FIXED ASSETS</b>			
Tangible assets	2		1,279
<b>CURRENT ASSETS</b>			
Debtors		131	
Cash at bank		28,244	
		<u>28,375</u>	
<b>CREDITORS</b>			
Amounts falling due within one year		10,473	
		<u>10,473</u>	
<b>NET CURRENT ASSETS</b>			17,902
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>19,181</u>
<b>CAPITAL AND RESERVES</b>			
Called up share capital	3		100
Profit and loss account			19,081
			<u>19,181</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>19,181</u>

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the period ended 31 March 2008

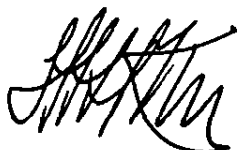
The members have not required the company to obtain an audit of its financial statements for the period ended 31 March 2008 in accordance with Section 249B(2) of the Companies Act 1985

The director acknowledges her responsibilities for

- ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985 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 Section 226 and which otherwise comply with the requirements of the Companies Act 1985 relating to financial statements so far as applicable to the company

These abbreviated accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies

The financial statements were approved by the director on 3 November 2008 and were signed by



Director

The notes form part of these abbreviated accounts

**INSIDE OUT COACHING LIMITED**  
**NOTES TO THE ABBREVIATED ACCOUNTS**  
**FOR THE PERIOD 29 JANUARY 2007 TO 31 MARCH 2008**

**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 January 2007)

**Turnover**

Turnover represents net invoiced sales of services, excluding value added tax

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life

Computer equipment                      - 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

**2 TANGIBLE FIXED ASSETS**

	Total £
<b>COST</b>	
Additions	1,918
At 31 March 2008	<u>1,918</u>
<b>DEPRECIATION</b>	
Charge for period	639
At 31 March 2008	<u>639</u>
<b>NET BOOK VALUE</b>	
At 31 March 2008	<u><u>1,279</u></u>

**3 CALLED UP SHARE CAPITAL**

Authorised Number	Class	Nominal value £1	£
1,000	Ordinary	£1	<u><u>1,000</u></u>
 Allotted, issued and fully paid Number	 Class	 Nominal value £1	 £
100	Ordinary	£1	<u><u>100</u></u>

100 Ordinary shares of £1 were issued during the period for cash of £100