

ABRAHART PERSONAL TRAINING LTD

**Company Registration Number:
07123559 (England and Wales)**

Abbreviated (Unaudited) Accounts

Period of accounts

Start date: 01st February 2012

End date: 31st January 2013

SUBMITTED

ABRAHART PERSONAL TRAINING LTD

Company Information for the Period Ended 31st January 2013

Director:	Glen Frederick Abrahart
Company secretary:	Glen Frederick Abrahart
Registered office:	7 Dragon Estate, Fitzherbert Road Portsmouth PO6 1SQ GBR
Company Registration Number:	07123559 (England and Wales)

ABRAHART PERSONAL TRAINING LTD

Abbreviated Balance sheet As at 31st January 2013

	Notes	2013 £	2012 £
Fixed assets			
Tangible assets:	6	1,100	-
Total fixed assets:		<u>1,100</u>	<u>-</u>
Current assets			
Stocks:		500	565
Debtors:		-	535
Cash at bank and in hand:		389	2,524
Total current assets:		<u>889</u>	<u>3,624</u>
Creditors			
Creditors: amounts falling due within one year	8	3,511	20,853
Net current assets (liabilities):		<u>(2,622)</u>	<u>(17,229)</u>
Total assets less current liabilities:		<u>(1,522)</u>	<u>(17,229)</u>
Creditors: amounts falling due after more than one year:	9	18,324	-
Total net assets (liabilities):		<u><u>(19,846)</u></u>	<u><u>(17,229)</u></u>

The notes form part of these financial statements

ABRAHART PERSONAL TRAINING LTD

Abbreviated Balance sheet As at 31st January 2013 continued

	Notes	2013 £	2012 £
Capital and reserves			
Called up share capital:	10	5,001	1
Revaluation reserve:		(17,230)	-
Profit and Loss account:		(7,617)	(17,230)
Total shareholders funds:		<u>(19,846)</u>	<u>(17,229)</u>

For the year ending 31 January 2013 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective 2008).

The financial statements were approved by the Board of Directors on 30 July 2013

SIGNED ON BEHALF OF THE BOARD BY:

Name: Glen Frederick Abrahart
Status: Director

The notes form part of these financial statements

ABRAHART PERSONAL TRAINING LTD

Notes to the Abbreviated Accounts for the Period Ended 31st January 2013

1. Accounting policies

Basis of measurement and preparation of accounts

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standards for Smaller Entities (effective April 2008).

Turnover policy

The turnover shown in the profit and loss account represents amounts received during the year, exclusive of Value Added Tax for which at this point the Company is not registered. all income has been generated within the United Kingdom.

Tangible fixed assets depreciation policy

All equipment fixed assets are initially recorded at cost, and depreciated at 50% using the straight line method.

Other accounting policies

The company had liabilities in excess of it's assets at 31st January 2013 and was technically insolvent. The Director has made loans to the Company to enable it to trade and will not withdraw such monies until such time as the company has sufficient reserves or other funding in place. Accordingly, the Director considers the Company can continue to trade and to meet it's liabilities as they fall due. The accounts have therefore been prepared on the going-concern basis.

ABRAHART PERSONAL TRAINING LTD

Notes to the Abbreviated Accounts for the Period Ended 31st January 2013

6. Tangible assets

	Total
Cost	£
Additions:	1,100
At 31st January 2013:	1,100
Net book value	
At 31st January 2013:	1,100

ABRAHART PERSONAL TRAINING LTD

Notes to the Abbreviated Accounts for the Period Ended 31st January 2013

8. Creditors: amounts falling due within one year

	2013 £	2012 £
Accruals and deferred income:	3,511	2,529
Other creditors:	-	18,324
Total:	<u>3,511</u>	<u>20,853</u>

ABRAHART PERSONAL TRAINING LTD

Notes to the Abbreviated Accounts for the Period Ended 31st January 2013

9. Creditors: amounts falling due after more than one year

	2013	2012
	£	£
Other creditors:	18,324	-
Total:	<u>18,324</u>	<u>-</u>

ABRAHART PERSONAL TRAINING LTD

Notes to the Abbreviated Accounts for the Period Ended 31st January 2013

10. Called up share capital

Allotted, called up and paid

Previous period			2012
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	1	1.00	1
Total share capital:			<u>1</u>
Current period			2013
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	4	1,250.25	5,001
Total share capital:			<u>5,001</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.

