

**ABRAHART PERSONAL TRAINING LTD**

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

**Abbreviated (Unaudited) Accounts**

**Period of accounts**

**Start date: 01st February 2013**

**End date: 31st January 2014**

SUBMITTED

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# **ABRAHART PERSONAL TRAINING LTD**

## **Company Information for the Period Ended 31st January 2014**

<b>Director:</b>	Glen Abrahart
<b>Registered office:</b>	7 Dragon Estate, Fitzherbert Road Portsmouth PO6 1SQ
<b>Company Registration Number:</b>	07123559 (England and Wales)

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# ABRAHART PERSONAL TRAINING LTD

## Abbreviated Balance sheet As at 31st January 2014

	Notes	2014 £	2013 £
<b>Fixed assets</b>			
Tangible assets:	2	1,099	1,100
<b>Total fixed assets:</b>		<u>1,099</u>	<u>1,100</u>
<b>Current assets</b>			
Stocks:		500	500
Cash at bank and in hand:		3,442	389
<b>Total current assets:</b>		<u>3,942</u>	<u>889</u>
<b>Creditors</b>			
Creditors: amounts falling due within one year		-	3,511
<b>Net current assets (liabilities):</b>		<u>3,942</u>	<u>( 2,622 )</u>
<b>Total assets less current liabilities:</b>		<b>5,041</b>	<b>( 1,522 )</b>
Creditors: amounts falling due after more than one year:	3	17,323	18,324
<b>Total net assets (liabilities):</b>		<u><b>( 12,282 )</b></u>	<u><b>( 19,846 )</b></u>

The notes form part of these financial statements

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# ABRAHART PERSONAL TRAINING LTD

## Abbreviated Balance sheet As at 31st January 2014 continued

	Notes	2014 £	2013 £
<b>Capital and reserves</b>			
Called up share capital:	4	5,001	5,001
Profit and Loss account:		( 17,283 )	( 24,847 )
<b>Total shareholders funds:</b>		<u>( 12,282 )</u>	<u>( 19,846 )</u>

For the year ending 31 January 2014 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 September 2014

### SIGNED ON BEHALF OF THE BOARD BY:

Name: Glen Abrahart

Status: Director

The notes form part of these financial statements

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# **ABRAHART PERSONAL TRAINING LTD**

## **Notes to the Abbreviated Accounts for the Period Ended 31st January 2014**

### **1. Accounting policies**

#### **Basis of measurement and preparation of accounts**

The accounts 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 stated relates to trading activities within the United Kingdom; the company is not registered for VAT purposes

#### **Tangible fixed assets depreciation policy**

Assets are depreciated using the straight Line basis over a period of Three Years

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# ABRAHART PERSONAL TRAINING LTD

## Notes to the Abbreviated Accounts for the Period Ended 31st January 2014

### 2. Tangible assets

	Total
<b>Cost</b>	<b>£</b>
At 01st February 2013:	1,100
Additions:	420
At 31st January 2014:	1,520
<b>Depreciation</b>	
Charge for year:	421
At 31st January 2014:	421
<b>Net book value</b>	
At 31st January 2014:	1,099
At 31st January 2013:	1,100

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# **ABRAHART PERSONAL TRAINING LTD**

## **Notes to the Abbreviated Accounts for the Period Ended 31st January 2014**

### **3. Creditors: amounts falling due after more than one year**

	<b>2014</b>	<b>2013</b>
	<b>£</b>	<b>£</b>
Other creditors:	17,323	18,324
<b>Total:</b>	<b><u>17,323</u></b>	<b><u>18,324</u></b>

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# ABRAHART PERSONAL TRAINING LTD

## Notes to the Abbreviated Accounts for the Period Ended 31st January 2014

### 4. Called up share capital

Allotted, called up and paid

Previous period			2013
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	5,001	1.00	5,001
Total share capital:			<u>5,001</u>
Current period			2014
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	5,001	1.00	5,001
Total share capital:			<u>5,001</u>

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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.



