

Company Registration No. 09740818 (England and Wales)

CROSSFIT BRAINTREE LIMITED
UNAUDITED ABBREVIATED FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 AUGUST 2016

LB GROUP
82 East Hill
Colchester
Essex
CO1 2QW

CROSSFIT BRAINTREE LIMITED

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CROSSFIT BRAINTREE LIMITED

ABBREVIATED BALANCE SHEET

AS AT 31 AUGUST 2016

	Notes	2016 £	£
Fixed assets			
Tangible assets	2		1,590
Current assets			
Debtors		2,037	
Cash at bank and in hand		2,439	
		<u>4,476</u>	
Creditors: amounts falling due within one year		<u>(5,918)</u>	
Net current liabilities			(1,442)
Total assets less current liabilities			<u>148</u>
Capital and reserves			
Called up share capital	3		100
Profit and loss account			<u>48</u>
Shareholders' funds			<u>148</u>

For the financial period ended 31 August 2016 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the period in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These abbreviated financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Board for issue on 31 March 2017

Mr G Poulter
Director

Company Registration No. 09740818

CROSSFIT BRAINTREE LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS

FOR THE PERIOD ENDED 31 AUGUST 2016

1 Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

1.2 Compliance with accounting standards

The financial statements are prepared in accordance with applicable United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), which have been applied consistently (except as otherwise stated).

1.3 Turnover

Turnover represents amounts receivable for goods and services net of VAT and trade discounts.

1.4 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Fixtures, fittings & equipment	Straight line over 5 years
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1.5 Financial instruments

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as either financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

2 Fixed assets

	Tangible assets £
Cost	
At 19 August 2015	-
Additions	1,988
	<hr/>
At 31 August 2016	1,988
	<hr/>
Depreciation	
At 19 August 2015	-
Charge for the period	398
	<hr/>
At 31 August 2016	398
	<hr/>
Net book value	
At 31 August 2016	1,590
	<hr/> <hr/>

CROSSFIT BRAINTREE LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED)

FOR THE PERIOD ENDED 31 AUGUST 2016

3	Share capital	2016
		£
	Allotted, called up and fully paid	
	100 Ordinary of £1 each	100
		==

9 Related party transactions

Throughout the period the company was under the joint control of Mr A Colebrook and Mr G Poulter as directors of the company.

At the period end the company was owed £2,037 by the directors after advances of £16,124 and repayments of £14,087. This amount is interest free and will be repaid within 9 months of the period end.

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.