

# **LILA PERFORMANCE MANAGEMENT AND COACHING LTD**

**Company Registration Number:  
10888205 (England and Wales)**

**Unaudited statutory accounts for the year ended 30 June 2018**

**Period of accounts**

**Start date: 28 July 2017**

**End date: 30 June 2018**

# **LILA PERFORMANCE MANAGEMENT AND COACHING LTD**

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# **LILA PERFORMANCE MANAGEMENT AND COACHING LTD**

## **Company Information**

**for the Period Ended 30 June 2018**

**Director:**

Tom FARROW

Kate FARROW

**Registered office:**

Front Suite, 1st Floor,  
131 High Street  
Teddington  
Middlesex  
GBR  
TW11 8HH

**Company Registration Number:**

10888205 (England and Wales)

# **LILA PERFORMANCE MANAGEMENT AND COACHING LTD**

## **Directors' Report Period Ended 30 June 2018**

The directors present their report with the financial statements of the company for the period ended 30 June 2018

### **Principal Activities**

The principal activity of the company during the period was the provision of fitness and personal training services.

### **Directors**

**The directors shown below have held office during the whole of the period from 28 July 2017 to 30 June 2018**

Tom FARROW

Kate FARROW

**This report was approved by the board of directors on 26 November 2018**

**And Signed On Behalf Of The Board By:**

Name: Tom FARROW

Status: Director

# LILA PERFORMANCE MANAGEMENT AND COACHING LTD

## Balance sheet

As at 30 June 2018

	<i>Notes</i>	<i>11 months to 30 Jun 2018 £</i>
<b>Fixed assets</b>		
<b>Total fixed assets:</b>		<hr/> - <hr/>
<b>Current assets</b>		
Cash at bank and in hand:		2,088
<b>Total current assets:</b>		<hr/> 2,088 <hr/>
Creditors: amounts falling due within one year:	2	( 2,931 )
<b>Net current assets (liabilities):</b>		<hr/> ( 843 ) <hr/>
Total assets less current liabilities:		( 843 )
<b>Total net assets (liabilities):</b>		<hr/> ( 843 ) <hr/>

The notes form part of these financial statements

# LILA PERFORMANCE MANAGEMENT AND COACHING LTD

## Balance sheet continued

As at 30 June 2018

	<i>Notes</i>	<i>11 months to 30 Jun 2018 £</i>
<b>Capital and reserves</b>		
Called up share capital:		1
Profit and loss account:		( 844 )
<b>Shareholders funds:</b>		<hr/> ( 843 ) <hr/>

For the year ending 30 June 2018 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 and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

**This report was approved by the board of directors on 26 November 2018**

**And Signed On Behalf Of The Board By:**

Name: Tom FARROW

Status: Director

The notes form part of these financial statements

# **LILA PERFORMANCE MANAGEMENT AND COACHING LTD**

## **Notes to the Financial Statements**

**for the Period Ended 30 June 2018**

### **1. Accounting policies**

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

These financial statements have been prepared in accordance with the provisions of Section 1A (Small Entities) of Financial Reporting Standard 102

#### **Turnover policy**

The turnover shown in the Profit and Loss account represents invoiced amounts for services provided during the year, excluding Value Added Tax.

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

Depreciation is provided at rates calculated to write off the cost or valuation less residual value of each asset over its expected useful life as follows:

Land and buildings - 2% reducing balance

Plant and Machinery - 20% straight line

Fixtures and fittings - 10% straight line

Office equipment - 25% straight line

Motor vehicles - 25% straight line

# LILA PERFORMANCE MANAGEMENT AND COACHING LTD

## Notes to the Financial Statements

for the Period Ended 30 June 2018

### 2.Creditors: amounts falling due within one year note

	<i>11 months to 30 Jun 2018 £</i>
Taxation and social security	427
Other creditors	2,504
<b>Total</b>	<b>2,931</b>

The Other Creditors balance at the end of the period represents the total due in the Directors' Current Account.



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.