

Registered Number NI621508

CROSSFIT ANTRIM LTD

Abbreviated Accounts

30 November 2015

Abbreviated Balance Sheet as at 30 November 2015

	<i>Notes</i>	<i>2015</i>	<i>2014</i>
		£	£
Fixed assets			
Tangible assets	2	18,343	7,450
		<u>18,343</u>	<u>7,450</u>
Current assets			
Debtors		-	4,660
Cash at bank and in hand		11,544	1,979
		<u>11,544</u>	<u>6,639</u>
Creditors: amounts falling due within one year		<u>(24,236)</u>	<u>(1,298)</u>
Net current assets (liabilities)		<u>(12,692)</u>	<u>5,341</u>
Total assets less current liabilities		<u>5,651</u>	<u>12,791</u>
Total net assets (liabilities)		<u>5,651</u>	<u>12,791</u>
Capital and reserves			
Called up share capital	3	200	150
Profit and loss account		5,451	12,641
Shareholders' funds		<u>5,651</u>	<u>12,791</u>

- For the year ending 30 November 2015 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.

Approved by the Board on 29 August 2016

And signed on their behalf by:

Mr E McCann, Director

Notes to the Abbreviated Accounts for the period ended 30 November 2015**1 Accounting Policies****Basis of measurement and preparation of accounts****Basis of accounting**

The financial statements have been prepared under the historical cost convention, and in accordance with applicable UK accounting standards.

Cash flow statement

The directors have taken advantage of the exemption in Financial Reporting Standard No 1 (Revised 1996) from including a cash flow statement in the financial statements on the grounds that the company is small.

Turnover policy

The turnover shown in the profit and loss account represents amounts invoiced during the year.

Tangible assets depreciation policy

All fixed assets are initially recorded at cost.

Depreciation

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Equipment - 20% reducing balance

Other accounting policies**Operating lease agreements**

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight line basis over the period of the lease.

2 Tangible fixed assets

	£
Cost	
At 1 December 2014	9,312
Additions	13,370
Disposals	-
Revaluations	-
Transfers	-
At 30 November 2015	<u>22,682</u>
Depreciation	

At 1 December 2014	1,862
Charge for the year	2,477
On disposals	-
At 30 November 2015	<u>4,339</u>
Net book values	
At 30 November 2015	<u>18,343</u>
At 30 November 2014	<u>7,450</u>

3 Called Up Share Capital

Allotted, called up and fully paid:

	<i>2015</i>	<i>2014</i>
	£	£
50 Ordinary shares of £1 each (0 shares for 2014)	50	0
150 Ordinary shares of £1 each	150	150

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