

Registered number
4735421

Lift It Shift It Ltd
Abbreviated Accounts
30 June 2004



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COMPANIES HOUSE

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Lift It Shift It Ltd
Abbreviated Balance Sheet
as at 30 June 2004

	Notes	<u>2004</u> <u>£</u>	<u>2003</u> <u>£</u>
Fixed assets			
Tangible assets	2	2,350	-
Current assets			
Cash at bank and in hand		12,299	1
Creditors: amounts falling due within one year		(14,648)	-
Net current (liabilities)/assets		<u>(2,349)</u>	<u>1</u>
Net total assets		<u><u>1</u></u>	<u><u>1</u></u>
 Capital and reserves			
Called up share capital	3	1	1
Equity Shareholders' funds		<u><u>1</u></u>	<u><u>1</u></u>

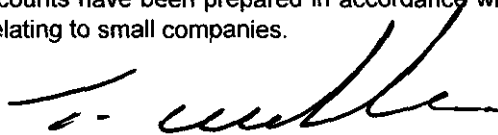
LIFT-IT SHIFT IT LTD
Abbreviated Balance Sheet
as at 30 June 2004

The directors are satisfied that the company is entitled to exemption under Section 249A(1) of the Companies Act 1985 and that no member or members have requested an audit pursuant to section 249B(2) of the Act.

The directors acknowledge their responsibilities for:

- (i) ensuring that the company keeps proper accounting records which comply with Section 221 of the Companies Act 1985; and
- (ii) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of Section 226 of the Companies Act 1985, and which otherwise comply with the requirements of this act relating to accounts, so far as applicable to the company.

The accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies.



MR T WELBURN

Director

Approved by the board on 23 April 2005

Lift It Shift It Ltd
Notes to the Abbreviated Accounts
for the year ended 30 June 2004

1 Accounting policies

Accounting convention

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective June 2002).

Turnover

Turnover represents the invoiced value of goods and services supplied by the company, net of value added tax and trade discounts.

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Stocks

Stock is valued at the lower of cost and net realisable value.

Deferred taxation

Full provision is made for deferred tax resulting from timing differences between the recognition of gains and losses in the accounts and their recognition for tax purposes. Deferred taxation is calculated on an un-discounted basis at the tax rates which are expected to apply in the periods when the timing differences will reverse.

2 Tangible fixed assets

£

Cost

Additions	6,217
At 30 June 2004	<u>6,217</u>

Depreciation

At 1 July 2003	3,107
Charge for the year	760
At 30 June 2004	<u>3,867</u>

Net book value

At 30 June 2004	<u>2,350</u>
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3 Share capital

2004

2003

£

£

Authorised:

Ordinary shares of £1 each	<u>100</u>	<u>100</u>
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2004

2003

2004

2003

No

No

£

£

Allotted, called up and fully paid:

Ordinary shares of £1 each	<u>100</u>	<u>100</u>	<u>1</u>	<u>1</u>
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