CROSSFIT CENTRAL LTD

ABBREVIATED UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 30 JUNE 2014

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CROSSFIT CENTRAL LTD

Company registered number: 07669621

ABBREVIATED BALANCE SHEET

AT 30 June 2014

	Note		2014	*2013*
		£	£	£
FIXED ASSETS				
Tangible Assets	2		**5,639**	*4,390*
CURRENT ASSETS				
Debtors falling due within one year		-		-
Cash at bank and in hand		**5,829**		*1,125*
		5,829		*1,125*
CREDITORS: Amounts falling due within one year		**7,794**		*2,112*
NET CURRENT LIABILITIES			**(1,965)**	*(987)*
NET ASSETS			**£3,674**	*£3,403*
CAPITAL AND RESERVES				
Profit and loss account			**3,674**	*3,403*
SHAREHOLDERS' FUNDS			**£3,674**	*£3,403*

In approving these financial statements as directors of the company we hereby confirm the following:

For the year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

1) The members have not required the company to obtain an audit for its accounts for the year in question in accordance with section 476,

2) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These abbreviated accounts were approved by the board of directors on 26 March 2015

S Jones, Director

The notes on pages 2 to 3 form part of these accounts

NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 30 JUNE 2014

1. ACCOUNTING POLICIES

1a. Basis of accounting

The financial statements have been prepared under the historical cost convention.

1b. Tangible fixed assets

Fixed assets are shown at historical cost.

Depreciation is provided, after taking account of any grants receivable, at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	Reducing balance 25%
Vehicles	Reducing balance 25%
Fixtures and fittings	Reducing balance 15%
Equipment	Reducing balance 15%

1c. Taxation

Corporation tax payable is provided on taxable profits at the current rate.

1d. Turnover

Turnover comprises the value of sales (excluding VAT and similar taxes and trade discounts) of goods and services in the normal course of business.

2. TANGIBLE FIXED ASSETS

	2014	*2013*
	£	*£*
Cost		
At 01 July 2013	5,165	-
Additions	2,244	*5,165*
At 30 June 2014	7,409	*5,165*
Depreciation		
At 01 July 2013	775	-
For the year	995	*775*
At 30 June 2014	1,770	*775*
Net Book Amounts		
At 30 June 2014	£5,639	*£4,390*

3. SHARE CAPITAL

	2014	*2013*
	£	£
Allotted, issued and fully paid:		

4. ULTIMATE PARENT COMPANY

The company is a subsidiary undertaking of ... incorporated in ... registered in England and Wales.

5. RELATED PARTIES

Directors' loans (eg debtors)
Directors' material interests (eg tranactions with directors)
Controlling parties.

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.