REGISTERED NUMBER: 08862421 (England and Wales)

Unaudited Financial Statements

for the Year Ended 31 January 2019

for

London Road Health and Fitness Limited

Contents of the Financial Statements for the Year Ended 31 January 2019

	Page
Company Information	1
Balance Sheet	2
Notes to the Financial Statements	4

London Road Health and Fitness Limited

Company Information
for the Year Ended 31 January 2019

DIRECTORS:	A J M Huntley Mrs L Tennent
REGISTERED OFFICE:	39 Station Road Liphook Hampshire GU30 7DW
REGISTERED NUMBER:	08862421 (England and Wales)
ACCOUNTANTS:	Tropman & Co. Limited 39 Station Road Liphook Hampshire GU30 7DW

Balance Sheet
31 January 2019

	Notes	31.1.19 £	£	31.1.18 £	£
FIXED ASSETS					
Intangible assets	4		7,250		-
Tangible assets	5		21,659		30,016
			28,909		30,016
CURRENT ASSETS					
Debtors	6	1,988		3,085	
Cash at bank		25,007		30,177	
		26,995		33,262	
CREDITORS					
Amounts falling due within one year	7	68,808		60,935	
NET CURRENT LIABILITIES			(41,813)		(27,673)
TOTAL ASSETS LESS CURRENT LIABILITIES			(12,904)		2,343
PROVISIONS FOR LIABILITIES			1,366		2,203
NET (LIABILITIES)/ASSETS			(14,270)		140
CAPITAL AND RESERVES					
Called up share capital			10		10
Retained earnings	8		(14,280)		130
SHAREHOLDERS' FUNDS			(14,270)		140

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2019.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2019 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The notes form part of these financial statements

continued...

Balance Sheet - continued
31 January 2019

The financial statements have been prepared and delivered in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the Board of Directors on 23 April 2019 and were signed on its behalf by:

Mrs L Tennent - Director

The notes form part of these financial statements

Notes to the Financial Statements for the Year Ended 31 January 2019

1. STATUTORY INFORMATION

London Road Health and Fitness Limited is a private company, limited by shares , registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements
These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover
Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Intangible assets
Intangible assets are initially measured at cost. After initial recognition, intangible assets are measured at cost less any accumulated amortisation and any accumulated impairment losses.

Development costs are being amortised evenly over their estimated useful life of four years.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Improvements to property	- Over the term of the lease
Plant and equipment	- 25% on cost
Fixtures and fittings	- 25% on cost

Taxation
Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Deferred tax
Deferred tax is recognised in respect of all material timing differences that have originated but not reversed at the balance sheet date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Pension costs and other post-retirement benefits
Contributions paid by the company to the directors personal pension scheme are charged to the profit and loss account in the period to which they relate.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 2 (2018 - 2) .

continued...

4. INTANGIBLE FIXED ASSETS

	Other intangible assets £
COST	
Additions	9,666
At 31 January 2019	9,666
AMORTISATION	
Charge for year	2,416
At 31 January 2019	2,416
NET BOOK VALUE	
At 31 January 2019	7,250

5. TANGIBLE FIXED ASSETS

	Improvements to property £	Plant and equipment £	Fixtures and fittings £	Totals £
COST				
At 1 February 2018	27,268	11,768	7,311	46,347
Additions	918	317	481	1,716
At 31 January 2019	28,186	12,085	7,792	48,063
DEPRECIATION				
At 1 February 2018	8,847	4,041	3,443	16,331
Charge for year	5,100	3,024	1,949	10,073
At 31 January 2019	13,947	7,065	5,392	26,404
NET BOOK VALUE				
At 31 January 2019	14,239	5,020	2,400	21,659
At 31 January 2018	18,421	7,727	3,868	30,016

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.1.19 £	31.1.18 £
Directors' current accounts	1,988	3,085

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.1.19 £	31.1.18 £
Tax	4,874	4,601
Directors' current accounts	61,884	55,134
Accrued expenses	2,050	1,200
	68,808	60,935

continued...

8. RESERVES

	Retained earnings £
At 1 February 2018	130
Profit for the year	12,212
Dividends	(26,622)
At 31 January 2019	(14,280)

9. DIRECTORS' ADVANCES, CREDITS AND GUARANTEES

The following advances and credits to a director subsisted during the years ended 31 January 2019 and 31 January 2018:

	31.1.19 £	31.1.18 £
Mrs L Tennent		
Balance outstanding at start of year	3,085	-
Amounts advanced	685	3,085
Amounts repaid	(1,782)	-
Amounts written off	-	-
Amounts waived	-	-
Balance outstanding at end of year	1,988	3,085

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.