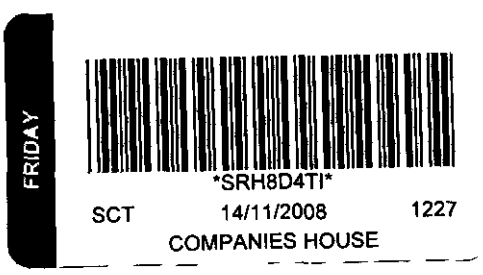
PULSE & TONE WITH KOS LIMITED

Directors' report and financial statements
Registered number SC268570
30 June 2007



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Company information

Directors	Roy Elrick Rosalind Elrick
Secretary	Rosalind Elrick
Accountants	ADD ONE PO Box 7993 IRVINE KA11 2YF
Bankers	Lloyds TSB Falkirk
Registered office	49 Portland Park, Hamilton ML3 7SU

Directors' report

The directors present their annual report and the unaudited financial statements for the period ended 30 June 2007

Principal activities

The company's principal activity is the provision of fitness training services

Business review

The directors consider the results for the year to be satisfactory and the company's prospects to be good

The results for the year are set out in the profit and loss account on page 6

The directors recommend the payment of a dividend of £10,600 (2006 £17,502)

Directors and directors' interests

The directors who held office at the date of this report are shown on page 3

By order of the board

Rosalind Elrick
Secretary

49 Portland Park
Hamilton
ML3 7SU

20 October 2008

Statement of directors' responsibilities

Company law requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss for that period In preparing those financial statements, the directors are required to

- select suitable accounting policies and then apply them consistently,
- make judgements and estimates that are reasonable and prudent,
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements,
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 1985 They have general responsibility for taking such steps as are reasonably open to them to safeguard the assets of the company and to prevent and detect fraud and other irregularities

Profit and loss account

for the year ended 30 June 2007

	Note	**2007** **£**	2006 £
Turnover	*1*	**33,670**	37,100
Administrative expenses		**(23,132)**	(13,785)
Interest Payable		**(796)**	
Profit on ordinary activities before taxation		**9,742**	23,315
Tax on profit on ordinary activities	*5*	**(773)**	(4,430)
Profit for the year attributable to shareholders		**8,969**	18,885
Dividends – equity	*6*	**(10,600)**	(17,502)
(Loss) Profit for the financial period		**(1,631)**	1,383

The company had no other recognised gains or losses other than as shown above

Balance sheet
at 30 June 2007

	Note	2007 £	£	2006 £	£
Fixed Assets					
Tangible assets	7		**17,175**		
Current Assets					
Debtors	8				
Cash in Hand and at Bank		**853**		6,891	
		853		6,891	
Creditors amounts falling due within one year	9	**(8,178)**		(5,169)	
Net Current (Liabilities) Assets			**(7,325)**		1,722
Total Assets less Current Liabilities			**9,850**		1,722
Creditors: amounts falling due after one year	10		**(9,759)**		
Net Assets			**91**		1,722
Capital and reserves					
Called up share capital	11		**2**		2
Profit and loss account	12		**89**		1,720
			91		1,722

The Directors have

a) taken advantage of the Companies Act 1985 in not having these accounts audited under section 249A(1)

b) confirmed that no notice has been deposited under Section 249B(2) of the Companies Act 1985

c) acknowledged their responsibilities for ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985

d) acknowledged their responsibilities for preparing accounts which give a true and fair view of the company and its profit for the period then ended 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 this company

e) (i) taken advantage of the exemptions conferred by Part III of Schedule 8 of the Companies Act 1985
And
(ii) in their opinion the company is entitled to those exemptions on the basis that it qualifies as a small company

These financial statements were approved by the board of directors on 20 October 2008 and were signed on its behalf by

Roy Elrick
Director

Rosalind Elrick
Director

Notes
(forming part of the financial statements)

1 Accounting policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements, except as noted below

Basis of preparation

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

Fixed assets and depreciation

Depreciation is provided to write the assets down to their estimated residual value by equal instalments over their estimated useful economic lives as follows

Land	Nil
Office premises	Nil
Furniture, fittings and fixtures	4 10 years
Motor vehicles	4 years

Taxation

The charge for taxation is based on the profits for the period In accordance with FRS 19, deferred tax is recognised without discounting for all material timing differences in respect of the treatment of certain items for taxation and accounting purposes which have arisen but not reversed by the balance sheet date except as otherwise required by FRS 19

Turnover

Turnover represents the invoiced value of sales excluding value added tax All the company's turnover arises in the United Kingdom

2 Operating Profit on ordinary activities before taxation

	2007 £	2006 £
Operating Profit on ordinary activities before taxation is stated after charging.		
Depreciation	**5,725**	

3 Staff numbers and costs

	2007	2006
Average number of employees	**2**	2

4 Remuneration of directors

	2007 £	2006 £
Directors' Emoluments		

Notes *(continued)*

5 Taxation

The taxation charge comprises

	2007 £	2006 £
Current Tax		
Current Year	773	4,430

6 Dividends

	2007 £	2006 £
Final Dividend Paid	10,600	17,502

7 Tangible fixed assets

	2007 £	2006 £
Cost		
As at 1 July 2006		
Additions	22,900	
As at 30 June 2007	22,900	
Aggregate Depreciation		
As at 1 July 2006		
Charge for Year	5,725	
As at 31 March 2008	5,725	
Net Book Value	17,175	

8 Debtors

	2007 £	2006 £
Trade Debtors		

Notes *(continued)*

9 Creditors: amounts falling due within one year

	2007 £	2006 £
Accrued Charges	705	705
Bank Overdraft	23	34
Loan	5,020	
Corporation Tax	2,430	4,430
	8,178	5,169

10 Creditors Due After 12 Months

	2007 £	2006 £
Loan	9,759	

11 Called up share capital

	2007 £	2006 £
Authorised		
1,000 ordinary shares of £1 each	1,000	1,000
Allotted, called up and fully paid		
At start & end of year – 2 ordinary shares of £1 each	2	2

12 Reserves

	2007 £	2006 £
Profit and loss account		
Profit for the period	8,969	18,885
Dividends paid	(10,600)	(17,502)
Net (Decrease) Increase in Reserves	(1,631)	1,383
Opening Reserves	1,720	337
At 30 June 2007	89	1,720

Notes *(continued)*

13 Reconciliation of movements in shareholders' funds

	2007 £	2007 £
Profit attributable to shareholders	**8,969**	18,885
Dividends paid	**(10,600)**	(17,502)
Net (Decrease)Increase in shareholders' funds	**(1,631)**	1,383
Opening shareholders' funds	**1,722**	339
Closing shareholders' funds	**91**	1,722