

Registered Number SC402513

CROSSFIT GLASGOW LTD

Abbreviated Accounts

30 June 2012

CROSSFIT GLASGOW LTD

Registered Number SC402513

Balance Sheet as at 30 June 2012

	Notes	2012	
		£	£
Fixed assets			
Tangible	2	24,323	-
Total fixed assets		24,323	
Current assets			
Stocks		2,670	
Cash at bank and in hand		8,612	
Total current assets		11,282	-
Creditors: amounts falling due within one year		(2,852)	
Net current assets		8,430	
Total assets less current liabilities		32,753	-
Creditors: amounts falling due after one year		(39,817)	
Total net Assets (liabilities)		(7,064)	
Capital and reserves			
Called up share capital		10	
Profit and loss account		(7,074)	-
Shareholders funds		(7,064)	-

- a. For the year ending 30 June 2012 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
- b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006
- c. The directors acknowledge their responsibility for:
 - i. ensuring the company keeps accounting records which comply with Section 386; 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 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
- d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 28 November 2012

And signed on their behalf by:

Mr I Barbour, Director

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 1068 of the Companies Act 2006.

Notes to the abbreviated accounts

For the year ending 30 June 2012

1 Accounting policies

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Small Entities (effective January 2005)

Depreciation

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

Plant and Machinery 20.00% Reducing Balance

2 Tangible fixed assets

Cost	£
At	
additions	30,404
disposals	
revaluations	
transfers	
At 30 June 2012	<u>30,404</u>
Depreciation	
At	
Charge for year	6,081
on disposals	
At 30 June 2012	<u>6,081</u>
Net Book Value	
At	
At 30 June 2012	<u>24,323</u>

3 Transactions with directors

At 31 June 2012, the director and controlling party, Mr I Barbour, was owed £39,817 by the company. This loan is interest free and has no fixed terms of repayment.