**Registered Number SC402513**

# CROSSFIT GLASGOW LTD

## Abbreviated Accounts

## 30 June 2014

**CROSSFIT GLASGOW LTD** **Registered Number SC402513**

## Abbreviated Balance Sheet as at 30 June 2014

| | *Notes* | *2014* | *2013* |
|---|---|---|---|
| | | £ | £ |
| **Fixed assets** | | | |
| Tangible assets | 2 | 24,062 | 30,079 |
| | | 24,062 | 30,079 |
| **Current assets** | | | |
| Stocks | | 2,950 | 2,875 |
| Debtors | | 6,500 | - |
| Cash at bank and in hand | | 5,976 | 7,471 |
| | | 15,426 | 10,346 |
| **Creditors: amounts falling due within one year** | | (4,220) | (2,127) |
| **Net current assets (liabilities)** | | 11,206 | 8,219 |
| **Total assets less current liabilities** | | 35,268 | 38,298 |
| **Creditors: amounts falling due after more than one year** | | (41,656) | (40,104) |
| **Total net assets (liabilities)** | | (6,388) | (1,806) |
| **Capital and reserves** | | | |
| Called up share capital | 3 | 10 | 10 |
| Profit and loss account | | (6,398) | (1,816) |
| **Shareholders' funds** | | (6,388) | (1,806) |

- For the year ending 30 June 2014 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 12 November 2014

And signed on their behalf by:
**Mr G Heselton, Director**

## Notes to the Abbreviated Accounts for the period ended 30 June 2014

### 1 Accounting Policies

**Basis of measurement and preparation of accounts**

The financial statements have been prepared on the going concern basis which assumes that the company will continue in operational existence for the foreseeable future. The directors, being the main creditors, are confident of the long term trading prospects of the company.

**Tangible assets depreciation policy**

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

Plant and machinery etc - 20% on reducing balance.

### 2 Tangible fixed assets

| | £ |
|---|---|
| **Cost** | |
| At 1 July 2013 | 43,679 |
| Additions | - |
| Disposals | - |
| Revaluations | - |
| Transfers | - |
| At 30 June 2014 | 43,679 |
| **Depreciation** | |
| At 1 July 2013 | 13,600 |
| Charge for the year | 6,017 |
| On disposals | - |
| At 30 June 2014 | 19,617 |
| **Net book values** | |
| At 30 June 2014 | 24,062 |
| At 30 June 2013 | 30,079 |

### 3 Called Up Share Capital

Allotted, called up and fully paid:

| | *2014* | *2013* |
|---|---|---|
| | £ | £ |
| 10 Ordinary shares of £1 each | 10 | 10 |

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