Registered Number SC403466

LYNDALE FITNESS LIMITED

Abbreviated Accounts

31 July 2012

LYNDALE FITNESS LIMITED **Registered Number SC403466**

Abbreviated Balance Sheet as at 31 July 2012

	Notes	*2012*
		£
Called up share capital not paid		-
Fixed assets		
Intangible assets	2	17,551
Tangible assets	3	9,715
		27,266
Current assets		
Cash at bank and in hand		1,193
		1,193
Creditors: amounts falling due within one year		(47,100)
Net current assets (liabilities)		(45,907)
Total assets less current liabilities		(18,641)
Total net assets (liabilities)		(18,641)
Capital and reserves		
Called up share capital	4	1
Profit and loss account		(18,642)
Shareholders' funds		(18,641)

- For the year ending 31 July 2012 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 11 April 2013

And signed on their behalf by:
J. McNeil, Director

Notes to the Abbreviated Accounts for the period ended 31 July 2012

1 Accounting Policies

Basis of measurement and preparation of accounts
The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

Turnover policy
Turnover represents the value, net of Value Added Tax and discounts, of goods provided to customers and work carried out in respect of services to customers

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

Plant & Machinery 20% Straight Line

Intangible assets amortisation policy
Amortisation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Intangible Fixed Assets 20% Straight Line

Other accounting policies
Foreign Currencies

Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies are translated at the rate of exchange ruling at the balance sheet date. All differences are taken to the Profit and Loss Account.

2 Intangible fixed assets

	£
Cost	
Additions	21,939
Disposals	-
Revaluations	-
Transfers	-
At 31 July 2012	21,939
Amortisation	
Charge for the year	4,388
On disposals	-
At 31 July 2012	4,388
Net book values	
At 31 July 2012	17,551

3 Tangible fixed assets

	£
Cost	
Additions	12,144
Disposals	-

Revaluations	-
Transfers	-
At 31 July 2012	12,144
Depreciation	
Charge for the year	2,429
On disposals	-
At 31 July 2012	2,429
Net book values	
At 31 July 2012	9,715

4 **Called Up Share Capital**

Allotted, called up and fully paid:

	2012
	£
1 Ordinary shares of £1 each	1

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