

**Abbreviated Unaudited Accounts**  
**for the Period**  
**28 August 2014 to 31 January 2016**  
**for**  
**Inverclyde Strength and Conditioning Ltd**

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for the Period 28 August 2014 to 31 January 2016**

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**Inverclyde Strength and Conditioning Ltd**  
**Company Information**  
**for the Period 28 August 2014 to 31 January 2016**

**DIRECTORS:**

R S Davey  
G Davey

**REGISTERED OFFICE:**

5 Caledonia Drive  
Greenock  
Renfrewshire  
PA152WF

**REGISTERED NUMBER:**

SC485021 (Scotland)

**ACCOUNTANTS:**

Henderson & Company  
73 Union Street  
Greenock  
Renfrewshire  
PA16 8BG

**Inverclyde Strength and Conditioning Ltd (Registered number: SC485021)**

**Abbreviated Balance Sheet  
31 January 2016**

|                                              | Notes | £             | £               |
|----------------------------------------------|-------|---------------|-----------------|
| <b>FIXED ASSETS</b>                          |       |               |                 |
| Tangible assets                              | 2     |               | 10,826          |
| <b>CURRENT ASSETS</b>                        |       |               |                 |
| Stocks                                       |       | 500           |                 |
| Prepayments and accrued income               |       | 2,022         |                 |
| Cash in hand                                 |       | 24            |                 |
|                                              |       | <u>2,546</u>  |                 |
| <b>CREDITORS</b>                             |       |               |                 |
| Amounts falling due within one year          |       | <u>37,077</u> |                 |
| <b>NET CURRENT LIABILITIES</b>               |       |               | <u>(34,531)</u> |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       |               | <u>(23,705)</u> |
| <b>CAPITAL AND RESERVES</b>                  |       |               |                 |
| Called up share capital                      | 3     |               | 100             |
| Profit and loss account                      |       |               | <u>(23,805)</u> |
| <b>SHAREHOLDERS' FUNDS</b>                   |       |               | <u>(23,705)</u> |

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 January 2016.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 January 2016 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 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
- (b) and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on 25 May 2016 and were signed on its behalf by:

R S Davey - Director

The notes form part of these abbreviated accounts

**Notes to the Abbreviated Accounts  
for the Period 28 August 2014 to 31 January 2016**

**1. ACCOUNTING POLICIES**

**Accounting convention**

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

**Turnover**

Turnover represents net invoiced sales of services and goods.

**Tangible fixed assets**

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

Plant and machinery etc                      - 33% on cost and 20% on cost

**Stocks**

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

**Deferred tax**

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

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

**2. TANGIBLE FIXED ASSETS**

|                       | Total<br>£           |
|-----------------------|----------------------|
| <b>COST</b>           |                      |
| Additions             | <u>13,611</u>        |
| At 31 January 2016    | <u>13,611</u>        |
| <b>DEPRECIATION</b>   |                      |
| Charge for period     | <u>2,785</u>         |
| At 31 January 2016    | <u>2,785</u>         |
| <b>NET BOOK VALUE</b> |                      |
| At 31 January 2016    | <u><u>10,826</u></u> |

**3. CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid:

| Number: | Class:   | Nominal<br>value: | £                 |
|---------|----------|-------------------|-------------------|
| 100     | Ordinary | 100               | <u><u>100</u></u> |

**Notes to the Abbreviated Accounts - continued  
for the Period 28 August 2014 to 31 January 2016**

**4. DIRECTORS' ADVANCES, CREDITS AND GUARANTEES**

The following advances and credits to directors subsisted during the period ended 31 January 2016:

|                                        | £             |
|----------------------------------------|---------------|
| <b>R S Davey</b>                       |               |
| Balance outstanding at start of period | -             |
| Amounts advanced                       | 18,239        |
| Amounts repaid                         | (18,239)      |
| Balance outstanding at end of period   | <u>-</u>      |
| <b>G Davey</b>                         |               |
| Balance outstanding at start of period | -             |
| Amounts advanced                       | 25,000        |
| Amounts repaid                         | (10,264)      |
| Balance outstanding at end of period   | <u>14,736</u> |

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.