

Registered Number 09182600

CONCEPT-PHYSICAL TRAINING SOLUTIONS LTD

Abbreviated Accounts

31 August 2016

CONCEPT-PHYSICAL TRAINING SOLUTIONS LTD**Abbreviated Balance Sheet as at 31 August 2016****Registered Number
09182600**

	<i>Notes</i>	<i>2016</i> <i>£</i>	<i>2015</i> <i>£</i>
Fixed assets			
Tangible assets	2	12,723	19,083
		<u>12,723</u>	<u>19,083</u>
Current assets			
Cash at bank and in hand		-	452
		<u>-</u>	<u>452</u>
Creditors: amounts falling due within one year		(8,286)	(2,186)
Net current assets (liabilities)		<u>(8,286)</u>	<u>(1,734)</u>
Total assets less current liabilities		<u>4,437</u>	<u>17,349</u>
Creditors: amounts falling due after more than one year		(124,568)	(114,412)
Total net assets (liabilities)		<u>(120,131)</u>	<u>(97,063)</u>
Capital and reserves			
Called up share capital		100	100
Profit and loss account		(120,231)	(97,163)
Shareholders' funds		<u>(120,131)</u>	<u>(97,063)</u>

- For the year ending 31 August 2016 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 4 November 2016

And signed on their behalf by:

Dr.B.A.Windeatt, Director

Notes to the Abbreviated Accounts for the period ended 31 August 2016

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 provided 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 and machinery 25% straight line

Motor vehicles 25% straight line

2 Tangible fixed assets

	£
Cost	
At 1 September 2015	25,443
Additions	-
Disposals	-
Revaluations	-
Transfers	-
At 31 August 2016	<u>25,443</u>
Depreciation	
At 1 September 2015	6,360
Charge for the year	6,360
On disposals	-
At 31 August 2016	<u>12,720</u>
Net book values	
At 31 August 2016	<u>12,723</u>
At 31 August 2015	<u>19,083</u>