

Company registration number: 10409723

Power Of One Fitness Ltd

Unaudited filleted financial statements

31 October 2018

Power Of One Fitness Ltd

Contents

Directors and other information

Statement of financial position

Statement of changes in equity

Notes to the financial statements

Power Of One Fitness Ltd

Directors and other information

Directors

Mr D Williams

Company number

10409723

Registered office

Downfield House
Shurlock Road
Waltham St. Lawrence
Berkshire
RG10 0HN

Accountants

My Controller Ltd
67 St Leonards Road
Windsor
Berkshire
SL4 3BX

Power Of One Fitness Ltd

Statement of financial position

31 October 2018

	Note	2018		2017	
		£	£	£	£
Current assets					
Debtors:					
Amounts falling due within one year	5	640		2,714	
Cash at bank and in hand		13,656		11,397	
		<u>14,296</u>		<u>14,111</u>	
Creditors: amounts falling due within one year	6	(14,201)		(13,886)	
Net current assets			95		225
Total assets less current liabilities			<u>95</u>		<u>225</u>
Net assets			<u>95</u>		<u>225</u>
Capital and reserves					
Called up share capital			10		10
Profit and loss account			85		215
Shareholders funds			<u>95</u>		<u>225</u>

For the year ending 31 October 2018 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In accordance with section 444 of the Companies Act 2006, the statement of comprehensive income has not been delivered.

These financial statements were approved by the board of directors and authorised for issue on 17 June 2019 , and are signed on behalf of the board by:

Mr D Williams

Director

Company registration number: 10409723

Power Of One Fitness Ltd

Statement of changes in equity

Year ended 31 October 2018

	Called up share capital	Profit and loss account	Total
	£	£	£
At 1 November 2016	-	-	-
Profit for the year		6,215	6,215
Total comprehensive income for the year	-	6,215	6,215
Issue of shares	10		10
Dividends paid and payable		(6,000)	(6,000)
Total investments by and distributions to owners	10	(6,000)	(5,990)
At 31 October 2017 and 1 November 2017	10	215	225
Profit for the year		9,270	9,270
Total comprehensive income for the year	-	9,270	9,270
Dividends paid and payable		(9,400)	(9,400)
Total investments by and distributions to owners	-	(9,400)	(9,400)
At 31 October 2018	10	85	95

Power Of One Fitness Ltd

Notes to the financial statements

Year ended 31 October 2018

1. General information

The company is a private company limited by shares, registered in England and Wales. The address of the registered office is Power Of One Fitness Ltd, Downfield House, Shurlock Road, Waltham St. Lawrence, Berkshire, RG10 0HN.

2. Statement of compliance

These financial statements have been prepared in compliance with the provisions of FRS 102, Section 1A, 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through profit or loss.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Turnover

Turnover is measured at the fair value of the consideration received or receivable for goods supplied and services rendered, net of discounts and Value Added Tax.

Revenue from the sale of goods is recognised when the significant risks and rewards of ownership have transferred to the buyer, usually on despatch of the goods; the amount of revenue can be measured reliably; it is probable that the associated economic benefits will flow to the entity and the costs incurred or to be incurred in respect of the transactions can be measured reliably.

Operating leases

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

4. Employee numbers

The average number of persons employed by the company during the year amounted to 1 (2017: 1).

5. Debtors

Debtors falling due within one year are as follows:

	2018	2017
	£	£
Trade debtors	640	890
Other debtors	-	1,824
	<u>640</u>	<u>2,714</u>

6. Creditors: amounts falling due within one year

	2018	2017
	£	£
Corporation tax	2,174	1,501
Other creditors	12,027	12,385
	<u>14,201</u>	<u>13,886</u>

7. Directors advances, credits and guarantees

During the year the directors entered into the following advances and credits with the company:

2018

	Balance brought forward	Advances /(credits) to the directors	Amounts repaid	Balance o/standing
	£	£	£	£
Mr D Williams	(5,873)	(13,869)	7,715	(12,027)

2017

	Balance brought forward	Advances /(credits) to the directors	Amounts repaid	Balance o/standing
	£	£	£	£
Mr D Williams	-	(22,985)	17,112	(5,873)

Power Of One Fitness Ltd

The following pages do not form part of the statutory accounts.

Power Of One Fitness Ltd

**Report to the board of directors on the preparation of the
unaudited statutory financial statements of Power Of One Fitness Ltd
Year ended 31 October 2018**

As described on the statement of financial position, the directors of the company are responsible for the preparation of the financial statements for the year ended 31 October 2018 which comprise the statement of financial position, statement of changes in equity and related notes.

You consider that the company is exempt from an audit under the Companies Act 2006. In accordance with your instructions we have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and from information and explanations supplied to us.

My Controller Ltd

67 St Leonards Road

Windsor

Berkshire

SL4 3BX

17 June 2019

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.