

Registered number
11301059

United Strength & Conditioning Limited

Filleted Accounts

30 April 2023

United Strength & Conditioning Limited**Registered number:** 11301059**Balance Sheet****as at 30 April 2023**

	Notes	2023 £	2022 £
Fixed assets			
Intangible assets	3	-	4,000
Tangible assets	4	64,910	50,826
		<u>64,910</u>	<u>54,826</u>
Current assets			
Stocks		7,375	7,375
Debtors	5	333	630
Cash at bank and in hand		2,845	3,102
		<u>10,553</u>	<u>11,107</u>
Creditors: amounts falling due within one year	6	(57,202)	(51,930)
Net current liabilities		<u>(46,649)</u>	<u>(40,823)</u>
Total assets less current liabilities		<u>18,261</u>	<u>14,003</u>
Creditors: amounts falling due after more than one year	7	(10,750)	(2,083)
Provisions for liabilities		(7,593)	(7,224)
Net (liabilities)/assets		<u>(82)</u>	<u>4,696</u>
Capital and reserves			
Called up share capital		1	1
Profit and loss account		(83)	4,695
Shareholder's funds		<u>(82)</u>	<u>4,696</u>

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Mr W Lakin

Director

Approved by the board on 19 January 2024

United Strength & Conditioning Limited

Notes to the Accounts

for the year ended 30 April 2023

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

Intangible fixed assets

Intangible fixed assets are measured at cost less accumulative amortisation and any accumulative impairment losses.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Motor vehicles	25% reducing balance
Fixtures, fittings, tools and equipment	15% reducing balance

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost is determined using the first in first out method. The carrying amount of stock sold is recognised as an expense in the period in which the related revenue is recognised.

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

Taxation

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods. A current tax asset is recognised in respect of a tax loss that can be carried back to recover tax paid in a previous period. Deferred tax is recognised in respect of all timing differences between the recognition of income and expenses in the financial statements and their inclusion in tax assessments. Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference, except for revalued land and investment property where the tax rate that applies to the sale of the asset is used. Current and deferred tax assets and liabilities are not discounted.

Provisions

Provisions (ie liabilities of uncertain timing or amount) are recognised when there is an obligation at the reporting date as a result of a past event, it is probable that economic benefit will be transferred to settle the obligation and the amount of the obligation can be estimated reliably.

Leased assets

A lease is classified as a finance lease if it transfers substantially all the risks and rewards incidental to ownership. All other leases are classified as operating leases. The rights of use and obligations under finance leases are initially recognised as assets and liabilities at amounts equal to the fair value of the leased assets or, if lower, the present value of the minimum lease payments. Minimum lease payments are apportioned between the finance charge and the reduction in the outstanding liability using the effective interest rate method. The finance charge is allocated to each period during the lease so as to produce a constant periodic rate of interest on the remaining balance of the liability. Leased assets are depreciated in accordance with the company's policy for tangible fixed assets. If there is no reasonable certainty that ownership will be obtained at the end of the lease term, the asset is depreciated over the lower of the lease term and its useful life. Operating lease payments are recognised as an expense on a straight line basis over the lease term.

Pensions

Contributions to defined contribution plans are expensed in the period to which they relate.

2 Employees	2023	2022
	Number	Number
Average number of persons employed by the company	<u>6</u>	<u>5</u>
3 Intangible fixed assets		£
Goodwill:		
Cost		
At 1 May 2022		<u>19,999</u>
At 30 April 2023		<u>19,999</u>
Amortisation		
At 1 May 2022		15,999
Provided during the year		<u>4,000</u>

At 30 April 2023	19,999
Net book value	
At 30 April 2023	-
At 30 April 2022	4,000

Goodwill is being written off in equal annual instalments over its estimated economic life of 5 years.

4 Tangible fixed assets

	Plant and machinery etc	Motor vehicles	Total
	£	£	£
Cost			
At 1 May 2022	74,518	4,856	79,374
Additions	3,583	22,200	25,783
At 30 April 2023	78,101	27,056	105,157
Depreciation			
At 1 May 2022	25,741	2,807	28,548
Charge for the year	7,857	3,842	11,699
At 30 April 2023	33,598	6,649	40,247
Net book value			
At 30 April 2023	44,503	20,407	64,910
At 30 April 2022	48,777	2,049	50,826

5 Debtors	2023	2022
	£	£
Trade debtors	333	630

6 Creditors: amounts falling due within one year	2023	2022
	£	£
Bank loans and overdrafts	5,083	5,000
Trade creditors	2,848	5,471
Taxation and social security costs	4,008	4,188
Other creditors	45,263	37,271
	57,202	51,930

7 Creditors: amounts falling due after one year	2023	2022
	£	£

Bank loans	10,750	2,083
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8 Other financial commitments

2023 2022

£ £

Total future minimum payments under non-cancellable operating leases

23,250 38,250

9 Controlling party

The company is under the control of Mr W Lakin by virtue of his shareholding.

10 Other information

United Strength & Conditioning Limited is a private company limited by shares and incorporated in England & Wales. Its registered office is:

39 Bute Close

Hinckley

Leicestershire

LE10 0SJ

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.