

Registered number
01796543

"J" Freight Limited

Abbreviated Accounts

30 June 2011

"J" Freight Limited**Registered number:** 01796543**Abbreviated Balance Sheet****as at 30 June 2011**

	Notes	2011 £	2010 £
Fixed assets			
Tangible assets	2	144,313	134,301
Current assets			
Debtors		742,413	721,692
Cash at bank and in hand		409,613	360,677
		<u>1,152,026</u>	<u>1,082,369</u>
Creditors: amounts falling due within one year		<u>(761,852)</u>	<u>(710,525)</u>
Net current assets		390,174	371,844
Total assets less current liabilities		<u>534,487</u>	<u>506,145</u>
Creditors: amounts falling due after more than one year		(10,083)	(22,214)
Provisions for liabilities		(18,252)	(11,792)
Net assets		<u>506,152</u>	<u>472,139</u>
Capital and reserves			
Called up share capital	3	200	200
Profit and loss account		505,952	471,939
Shareholders' funds		<u>506,152</u>	<u>472,139</u>

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

Members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their 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 in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

S J Jackson

Director

Approved by the board on 30 March 2012

"J" Freight Limited
Notes to the Abbreviated Accounts
for the year ended 30 June 2011

1 Accounting policies

Basis of preparation

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

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.

Depreciation

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

Stocks

Stock of fuel is valued at the lower of cost and net realisable value.

Deferred taxation

Full provision is made for deferred taxation resulting from timing differences between the recognition of gains and losses in the accounts and their recognition for tax purposes. Deferred taxation is calculated on an un-discounted basis at the tax rates which are expected to apply in the periods when the timing differences will reverse.

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.

Leasing and hire purchase commitments

Assets held under finance leases and hire purchase contracts, which are those where substantially all the risks and rewards of ownership of the asset have passed to the company, are capitalised in the balance sheet and depreciated over their useful lives. The corresponding lease or hire purchase obligation is treated in the balance sheet as a liability.

The interest element of the rental obligations is charged to the profit and loss account over the period of the lease and represents a constant proportion of the balance of capital repayments outstanding.

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Pensions

The company operates a defined contribution pension scheme. Contributions are charged to the profit and loss account as they become payable in accordance with the rules of the scheme.

2 Tangible fixed assets

£

Cost

At 1 July 2010	456,140
Additions	62,560
Disposals	(67,996)
At 30 June 2011	<u>450,704</u>

Depreciation

At 1 July 2010	321,839
Charge for the year	41,713
On disposals	(57,161)
At 30 June 2011	<u>306,391</u>

Net book value

At 30 June 2011	<u>144,313</u>
At 30 June 2010	<u>134,301</u>

3 Share capital	Nominal value	2011 Number	2011 £	2010 £
Allotted, called up and fully paid:				
Ordinary shares	£1 each	-	<u>200</u>	<u>200</u>

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