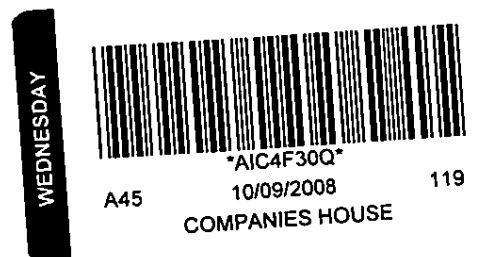


Registered number
1796543

"J" Freight Limited
Abbreviated Accounts
30 June 2008



"J" Freight Limited
Abbreviated Balance Sheet
as at 30 June 2008

	Notes	2008 £	2007 £
Fixed assets			
Tangible assets	2	174,942	114,734
Investments	3	13,510	13,510
		<u>188,452</u>	<u>128,244</u>
Current assets			
Debtors		743,036	755,623
Cash at bank and in hand		191,716	213,756
		<u>934,752</u>	<u>969,379</u>
Creditors amounts falling due within one year		<u>(586,377)</u>	<u>(730,086)</u>
Net current assets		348,375	239,293
Total assets less current liabilities		<u>536,827</u>	<u>367,537</u>
Creditors amounts falling due after more than one year		(48,033)	(3,429)
Net assets		<u>488,794</u>	<u>364,108</u>
Capital and reserves			
Called up share capital	4	200	200
Profit and loss account		488,594	363,908
Shareholders' funds		<u>488,794</u>	<u>364,108</u>

The directors are satisfied that the company is entitled to exemption under Section 249A(1) of the Companies Act 1985 and that no member or members have requested an audit pursuant to section 249B(2) of the Act

The directors acknowledge their responsibilities for

- (i) ensuring that the company keeps proper accounting records which comply with Section 221 of the Companies Act 1985, and
- (ii) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of Section 226 of the Companies Act 1985, and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the company

The accounts have been prepared in accordance with the special provisions relating to small companies within Part VII of the Companies Act 1985



S J Jackson
 Director

Approved by the board on 6 August 2008

"J" Freight Limited
Notes to the Abbreviated Accounts
for the year ended 30 June 2008

1 Accounting policies

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective June 2002)

Turnover

Turnover represents the invoiced value of goods and services supplied by the company, net of value added tax

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives

Plant and machinery	20% straight line
Motor vehicles	20% straight line

Deferred taxation

No 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

"J" Freight Limited
Notes to the Abbreviated Accounts
for the year ended 30 June 2008

2 Tangible fixed assets

	Plant and Machinery £	Motor Vehicles £	Total £
Cost			
At 1 July 2007	111,515	266,373	377,888
Additions	2,267	110,800	113,067
Surplus on revaluation	-		
Disposals		(24,510)	(24,510)
At 30 June 2008	<u>113,782</u>	<u>352,663</u>	<u>466,445</u>
Depreciation			
At 1 July 2007	86,319	176,835	263,154
Charge for the year	7,984	44,875	52,859
Surplus on revaluation	-	-	-
On disposals	-	(24,510)	(24,510)
At 30 June 2008	<u>94,303</u>	<u>197,200</u>	<u>291,503</u>
Net book value			
At 30 June 2008	<u>19,479</u>	<u>155,463</u>	<u>174,942</u>
At 30 June 2007	<u>25,196</u>	<u>89,538</u>	<u>114,734</u>

3 Investments

	£
Cost	
At 1 July 2007	<u>13,510</u>
At 30 June 2008	<u>13,510</u>

4 Share capital

	2008		2007	
	£		£	
Authorised Ordinary shares of £1 each		<u>10,000</u>		<u>10,000</u>
	2008	2007	2008	2007
	No	No	£	£
Allotted, called up and fully paid Ordinary shares of £1 each	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>