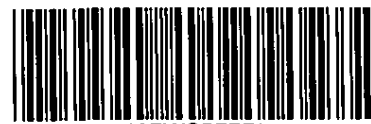


Registered number  
1796543

"J" Freight Limited  
Abbreviated Accounts  
30 June 2009

SATURDAY



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COMPANIES HOUSE


**"J" Freight Limited**  
**Abbreviated Balance Sheet**  
**as at 30 June 2009**

	Notes	2009 £	2008 £
<b>Fixed assets</b>			
Tangible assets	2	145,584	174,942
Investments	3	-	13,510
		<u>145,584</u>	<u>188,452</u>
<b>Current assets</b>			
Debtors		667,709	743,036
Cash at bank and in hand		<u>277,758</u>	<u>191,716</u>
		945,467	934,752
<b>Creditors: amounts falling due within one year</b>		<u>(567,738)</u>	<u>(586,377)</u>
<b>Net current assets</b>		377,729	348,375
<b>Total assets less current liabilities</b>		<u>523,313</u>	<u>536,827</u>
<b>Creditors: amounts falling due after more than one year</b>		(24,800)	(48,033)
<b>Net assets</b>		<u>498,513</u>	<u>488,794</u>
<b>Capital and reserves</b>			
Called up share capital	4	200	200
Profit and loss account		498,313	488,594
<b>Shareholders' funds</b>		<u>498,513</u>	<u>488,794</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 and that 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 6 November 2009

**"J" Freight Limited**  
**Notes to the Abbreviated Accounts**  
**for the year ended 30 June 2009**

**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	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 2009**

<b>2 Tangible fixed assets</b>				<b>£</b>
<b>Cost</b>				
At 1 July 2008			466,445	
Additions			27,238	
Disposals			(33,750)	
			<hr/>	
At 30 June 2009			459,933	
			<hr/>	
<b>Depreciation</b>				
At 1 July 2008			291,503	
Charge for the year			56,596	
On disposals			(33,750)	
			<hr/>	
At 30 June 2009			314,349	
			<hr/>	
<b>Net book value</b>				
At 30 June 2009			145,584	
			<hr/>	
At 30 June 2008			174,942	
			<hr/>	
<b>3 Investments</b>				<b>£</b>
<b>Cost</b>				
At 1 July 2008			13,510	
Disposals			(13,510)	
			<hr/>	
At 30 June 2009			-	
			<hr/>	
<b>4 Share capital</b>	<b>2009</b>	<b>2008</b>	<b>2009</b>	<b>2008</b>
	<b>No</b>	<b>No</b>	<b>£</b>	<b>£</b>
Allotted, called up and fully paid:				
Ordinary shares of £1 each	-	-	200	200
			<hr/>	<hr/>