

Registered number
1796543

"J" Freight Limited
Abbreviated Accounts
31 March 2006



"J" Freight Limited
Abbreviated Balance Sheet
as at 31 March 2006

	Notes	2006 £	2005 £
Fixed assets			
Tangible assets	2	112,115	137,524
Investments	3	13,510	13,510
		<u>125,625</u>	<u>151,034</u>
Current assets			
Stocks		1,910	-
Debtors		735,624	624,776
Cash at bank and in hand		262,390	132,237
		<u>999,924</u>	<u>757,013</u>
Creditors: amounts falling due within one year		<u>(803,302)</u>	<u>(685,789)</u>
Net current assets		196,622	71,224
Total assets less current liabilities		<u>322,247</u>	<u>222,258</u>
Creditors: amounts falling due after more than one year		(13,015)	(20,000)
Net assets		<u>309,232</u>	<u>202,258</u>
Capital and reserves			
Called up share capital	4	200	200
Profit and loss account		309,032	202,058
Shareholders' funds		<u>309,232</u>	<u>202,258</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 23 May 2006

"J" Freight Limited
Notes to the Abbreviated Accounts
for the year ended 31 March 2006

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 31 March 2006

At 1 April 2005	-
Additions	-
Disposals	-
At 1 April 2005	-
Provided during the year	-
On disposals	-

At 31 March 2005 -

2 Tangible fixed assets

	Plant and Machinery	Motor Vehicles	Total
	£	£	£
Cost			
At 1 April 2005	79,062	250,898	329,960
Additions	20,703	11,875	32,578
Surplus on revaluation	-		
Disposals	-		
At 31 March 2006	99,765	262,773	362,538
Depreciation			
At 1 April 2005	70,183	122,253	192,436
Charge for the year	8,706	49,281	57,987
Surplus on revaluation	-	-	-
On disposals	-	-	-
At 31 March 2006	78,889	171,534	250,423
Net book value			
At 31 March 2006	20,876	91,239	112,115
At 31 March 2005	8,879	128,645	137,524

3 Investments

	£
Cost	
At 1 April 2005	13,510
At 31 March 2006	13,510

4 Share capital

	2006	2005	
	£	£	£
Authorised:			
Ordinary shares of £1 each	10,000	10,000	
	2006	2005	2006
	No	No	£
Allotted, called up and fully paid:			
Ordinary shares of £1 each	200	200	200