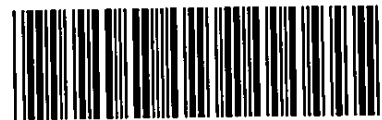


Registered number
1796543

"J" Freight Limited
REVISED
Abbreviated Accounts

30 June 2010

FRIDAY



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COMPANIES HOUSE

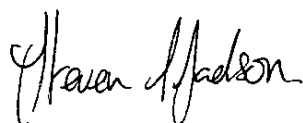
"J" Freight Limited
Abbreviated Balance Sheet
as at 30 June 2010

	Notes	2010 £	2009 £
Fixed assets			
Tangible assets	2	134,301	145,584
Current assets			
Debtors		721,692	667,709
Cash at bank and in hand		360,677	277,758
		<u>1,082,369</u>	<u>945,467</u>
Creditors amounts falling due within one year		<u>(710,525)</u>	<u>(567,738)</u>
Net current assets		371,844	377,729
Total assets less current liabilities		<u>506,145</u>	<u>523,313</u>
Creditors amounts falling due after more than one year		(22,214)	(24,800)
Provisions for liabilities		(11,792)	-
Net assets		<u>472,139</u>	<u>498,513</u>
Capital and reserves			
Called up share capital	3	200	200
Profit and loss account		471,939	498,313
Shareholders' funds		<u>472,139</u>	<u>498,513</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 9 August 2010

"J" Freight Limited
Notes to the Abbreviated Accounts
for the year ended 30 June 2010

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

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 2010

2 Tangible fixed assets				£
Cost				
At 1 July 2009				459,933
Additions				46,350
Disposals				(50,143)
				<hr/>
At 30 June 2010				456,140
Depreciation				
At 1 July 2009				314,349
Charge for the year				52,283
On disposals				(44,793)
				<hr/>
At 30 June 2010				321,839
Net book value				
At 30 June 2010				<hr/> 134,301
At 30 June 2009				<hr/> 145,584
3 Share capital	2010	2009	2010	2009
	No	No	£	£
Allotted, called up and fully paid				
Ordinary shares of £1 each	-	-	<hr/> 200	<hr/> 200