

Company Number: 627033

**Kildare Academy of Strength Limited**  
**Abridged Unaudited Financial Statements**  
**for the financial year ended 31 May 2025**

# Kildare Academy of Strength Limited

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**Kildare Academy of Strength Limited**  
**DIRECTOR AND OTHER INFORMATION**

<b>Director</b>	Benjamin Harrison
<b>Company Secretary</b>	Robert Harrison
<b>Company Number</b>	627033
<b>Registered Office</b>	15 Tyrrells Brook Place Co. Offaly R45 R793 Ireland
<b>Business Address</b>	Unit G3 M4 Business Park Cellbridge Co. Kildare W23 KWC3 Ireland
<b>Accountants</b>	Edward P Tully & Co Chartered Accountants Unit 6 Ryebrook Business Park Leixlip Co. Kildare W23 E726 Republic of Ireland

# **Kildare Academy of Strength Limited**

## **DIRECTOR'S RESPONSIBILITIES STATEMENT**

for the financial year ended 31 May 2025

The director made the following statement in respect of the unaudited financial statements:

### **"General responsibilities**

The director is responsible for preparing the Director's Report and the financial statements in accordance with applicable Irish law and regulations.

Irish company law requires the director to prepare financial statements for each financial year. Under that law, the director has elected to prepare the financial statements in accordance with the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard, issued by the Financial Reporting Council. Under company law, the director must not approve the financial statements unless they is satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the profit or loss of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the director is required to:

- select suitable accounting policies for the company financial statements and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The director is responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and profit or loss of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and Director's Report comply with the Companies Act 2014. They is also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

### **Director's declaration on unaudited financial statements**

In relation to the financial statements which comprise the Balance Sheet, the Reconciliation of Shareholders' Funds and the related notes:

The director approves these financial statements and confirms that they is responsible for them, including selecting the appropriate accounting policies, applying them consistently and making, on a reasonable and prudent basis, the judgements underlying them. They have been prepared on the going concern basis on the grounds that the company will continue in business.

The director confirms that they has made available to Edward P Tully & Co, (Chartered Accountants), all the company's accounting records and provided all the information, books and documents necessary for the compilation of the financial statements.

The director confirms that to the best of their knowledge and belief, the accounting records reflect all the transactions of the company for the financial year ended 31 May 2025."

### **Signed on behalf of the board**

**Robert Harrison**  
Company Secretary

**13 January 2026**

**Benjamin Harrison**  
Director

**13 January 2026**

**Kildare Academy of Strength Limited**  
**CHARTERED ACCOUNTANTS REPORT**  
**to the Director on the Compilation of the unaudited Abridged financial statements**  
**of Kildare Academy of Strength Limited**  
**for the financial year ended 31 May 2025**

In accordance with the engagement letter and in order to assist you to fulfil your duties under the Companies Act 2014, we have compiled for your approval the abridged financial statements of the company for the financial year ended 31 May 2025 as set out on pages 6 to 11 which comprise the Balance Sheet, the Reconciliation of Shareholders' Funds and the related notes from the company's accounting records and information and explanations you have given to us.

As a practising member firm of the Institute of Chartered Accountants Ireland, we are subject to its ethical and other professional requirements which are detailed at <https://www.charteredaccountants.ie/Professional-Standards/Home>

This report is made solely to the director of Kildare Academy of Strength Limited, in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the company's Director that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and its director for our work or for this report.

We have carried out this engagement in accordance with guidance issued by Chartered Accountants Ireland and have complied with the relevant ethical guidance laid down by Chartered Accountants Ireland relating to members undertaking the compilation of financial statements.

You have acknowledged on the Balance Sheet for the year ended 31 May 2025 your duty to ensure that Kildare Academy of Strength Limited has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and loss of Kildare Academy of Strength Limited. You consider that Kildare Academy of Strength Limited is exempt from the statutory audit requirement for the financial year.

We have not been instructed to carry out an audit or a review of the abridged financial statements of Kildare Academy of Strength Limited. For this reason, we have not verified the adequacy, accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory abridged financial statements.

**EDWARD P TULLY & CO**  
Chartered Accountants and Registered Auditors  
Unit 6 Ryebrook Business Park  
Leixlip  
Co. Kildare  
W23 E726  
Republic of Ireland

**13 January 2026**

# Kildare Academy of Strength Limited

## BALANCE SHEET

as at 31 May 2025

	Notes	2025 €	2024 €
<b>Fixed Assets</b>			
Tangible assets	6	44,268	34,004
<b>Current Assets</b>			
Debtors	7	10,234	13,179
Cash and cash equivalents		35,033	45,677
		45,267	58,856
<b>Creditors: amounts falling due within one year</b>	8	(7,580)	(8,810)
<b>Net Current Assets</b>		37,687	50,046
<b>Total Assets less Current Liabilities</b>		81,955	84,050
<b>Capital and Reserves</b>			
Called up share capital presented as equity	10	100	100
Retained earnings		81,855	83,950
<b>Equity attributable to owners of the company</b>		81,955	84,050

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard.

I as Director of Kildare Academy of Strength Limited, state that -

(a) the company is availing itself of the exemption provided for by Chapter 15 of Part 6 of the Companies Act 2014,

(b) the company is availing itself of the exemption on the grounds that the conditions specified in section 358 are satisfied,

(c) the shareholders of the company have not served a notice on the company under section 334(1) in accordance with section 334(2),

(d) I acknowledge the company's obligations under the Companies Act 2014, to keep adequate accounting records and prepare financial statements which give a true and fair view of the assets, liabilities and financial position of the company at the end of its financial year and of its profit or loss for such a financial year and to otherwise comply with the provisions of the Companies Act 2014 relating to financial statements so far as they are applicable to the company,

(e) the company has relied on the specified exemption contained in section 352 Companies Act 2014. The company has done so on the grounds that the company is entitled to the benefit of that exemption as a small company and the abridged financial statements have been properly prepared in accordance with section 353 Companies Act 2014 and the small companies' regime.

Approved by the board on 13 January 2026 and signed on its behalf by:

**Robert Harrison**  
Company Secretary

**Benjamin Harrison**  
Director

**Kildare Academy of Strength Limited**  
**RECONCILIATION OF SHAREHOLDERS' FUNDS**

as at 31 May 2025

	<b>Called up share capital €</b>	<b>Retained earnings €</b>	<b>Total €</b>
<b>At 1 June 2023</b>	100	69,243	69,343
Profit for the financial year	-	14,707	14,707
<b>At 31 May 2024</b>	100	83,950	84,050
Loss for the financial year	-	(2,095)	(2,095)
<b>At 31 May 2025</b>	<b>100</b>	<b>81,855</b>	<b>81,955</b>

# Kildare Academy of Strength Limited

## NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 31 May 2025

### 1. General Information

Kildare Academy of Strength Limited is a company limited by shares incorporated in Ireland. The registered office of the company is 15 Tyrrells Brook Place, Co. Offaly, R45 R793, Ireland. The principal activity of the company is the operation of a fitness gym. The financial statements have been presented in Euro (€) which is also the functional currency of the company.

### 2. Summary of Significant Accounting Policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company financial statements.

#### Statement of compliance

The financial statements of the company for the year ended 31 May 2025 have been prepared in accordance with the provisions of FRS 102 Section 1A (Small Entities) and the Companies Act 2014.

#### Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention except for certain properties and financial instruments that are measured at revalued amounts or fair values, as explained in the accounting policies below. Historical cost is generally based on the fair value of the consideration given in exchange for assets. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A, issued by the Financial Reporting Council.

The company qualifies as a small company as defined by section 280A of the Companies Act 2014 in respect of the financial year, and has applied the rules of the 'Small Companies Regime' in accordance with section 280C of the Companies Act 2014 and Section 1A of FRS 102.

#### Turnover

Turnover comprises the invoice value of goods supplied by the company, exclusive of trade discounts and value added tax.

#### Tangible assets and depreciation

Tangible assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible assets, less their estimated residual value, over their expected useful lives as follows:

Fixtures, fittings and equipment	-	12.5% Straight line
Motor vehicles	-	12.5% Straight line

The carrying values of tangible fixed assets are reviewed annually for impairment in periods if events or changes in circumstances indicate the carrying value may not be recoverable.

#### Trade and other debtors

Trade and other debtors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method less impairment losses for bad and doubtful debts except where the effect of discounting would be immaterial. In such cases the receivables are stated at cost less impairment losses for bad and doubtful debts.

#### Trade and other creditors

Trade and other creditors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest rate method, unless the effect of discounting would be immaterial, in which case they are stated at cost.

#### Employee benefits

The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The company also operates a defined benefit pension scheme for its employees providing benefits based on final pensionable pay. The assets of this scheme are also held separately from those of the company, being invested with pension fund managers.

# Kildare Academy of Strength Limited

## NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 31 May 2025

### Taxation and deferred taxation

Current tax represents the amount expected to be paid or recovered in respect of taxable profits for the financial year and is calculated using the tax rates and laws that have been enacted or substantially enacted at the Balance Sheet date.

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events have occurred at that date that will result in an obligation to pay more tax in the future, or a right to pay less tax in the future. Timing differences are temporary differences between the company's taxable profits and its results as stated in the financial statements.

Deferred tax is measured on an undiscounted basis at the tax rates that are anticipated to apply in the periods in which the timing differences are expected to reverse, based on tax rates and laws that have been enacted or substantively enacted by the Balance Sheet date.

### Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated at the rates of exchange ruling at the Balance Sheet date. Non-monetary items that are measured in terms of historical cost in a foreign currency are translated at the rates of exchange ruling at the date of the transaction. Non-monetary items that are measured at fair value in a foreign currency are translated using the exchange rates at the date when the fair value was determined. The resulting exchange differences are dealt with in the Profit and Loss Account.

### Ordinary share capital

The ordinary share capital of the company is presented as equity.

### 3. Turnover

The whole of the company's turnover is attributable to its market in the Republic of Ireland and is derived from the principal activity of

<b>4. Operating (loss)/profit</b>	<b>2025</b>	2024
	€	€
<b>Operating (loss)/profit is stated after charging:</b>		
Depreciation of tangible assets	<u>13,418</u>	<u>10,458</u>

### 5. Employees

The average monthly number of employees, including director, during the financial year was 4, (2024 - 4).

	<b>2025</b>	2024
	<b>Number</b>	Number
Management	<b>1</b>	1
Staff	<b>3</b>	3
	<u><b>4</b></u>	<u>4</u>

## Kildare Academy of Strength Limited

# NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 31 May 2025

6. Tangible assets	Fixtures, fittings and equipment €	Motor vehicles €	Total €
<b>Cost</b>			
At 1 June 2024	63,523	20,143	83,666
Additions	23,682	-	23,682
	<u>87,205</u>	<u>20,143</u>	<u>107,348</u>
<b>Depreciation</b>			
At 1 June 2024	34,554	15,108	49,662
Charge for the financial year	10,900	2,518	13,418
	<u>45,454</u>	<u>17,626</u>	<u>63,080</u>
<b>Net book value</b>			
At 31 May 2025	<u><b>41,751</b></u>	<u><b>2,517</b></u>	<u><b>44,268</b></u>
At 31 May 2024	<u>28,969</u>	<u>5,035</u>	<u>34,004</u>
<b>7. Debtors</b>		<b>2025</b>	2024
		€	€
Other debtors		4,500	4,500
Taxation		5,734	8,679
		<u>10,234</u>	<u>13,179</u>
<b>8. Creditors</b>		<b>2025</b>	2024
<b>Amounts falling due within one year</b>		€	€
Taxation		2,038	1,998
Director's current account (Note 13)		5,542	5,542
Accruals		-	1,270
		<u>7,580</u>	<u>8,810</u>
<b>9. Taxation</b>		<b>2025</b>	2024
		€	€
<b>Debtors:</b>			
VAT		5,734	1,990
Corporation tax		-	6,689
		<u>5,734</u>	<u>8,679</u>
<b>Creditors:</b>			
PAYE		<u>2,038</u>	<u>1,998</u>

## Kildare Academy of Strength Limited

# NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 31 May 2025

10. Share capital			2025 €	2024 €
Description	Number of shares	Value of units		
<b>Authorised</b>				
Ordinary Shares Class 1	100,000	€1.00 each	<u>100,000</u>	<u>100,000</u>
<b>Allotted, called up and fully paid</b>				
Ordinary Shares Class 1	100	€1.00 each	<u>100</u>	<u>100</u>

The director's and the secretary's interests in the shares of the company are as follows:-

Name	Class of Shares	Number Held At 31/05/25	01/06/24
Benjamin Harrison	Ordinary Shares Class 1	<u>100</u>	<u>100</u>

## 11. Income Statement

	2025 €	2024 €
At 1 June 2024	<u>83,950</u>	69,243
(Loss)/profit for the financial year	<u>(2,095)</u>	<u>14,707</u>
At 31 May 2025	<u>81,855</u>	<u>83,950</u>

## 12. Capital commitments

The company had no material capital commitments at the financial year-ended 31 May 2025.

## 13. Director's remuneration and transactions

	2025 €	2024 €
Remuneration	<u>37,667</u>	36,000
Pension contributions	<u>8,250</u>	<u>10,000</u>
	<u>45,917</u>	<u>46,000</u>

## 14. Post-Balance Sheet Events

There have been no significant events affecting the company since the financial year-end.

## 15. Approval of financial statements

The financial statements were approved and authorised for issue by the board on 13 January 2026.