

Registered number  
03407079

FAST FORWARD DISTRIBUTION LTD

Abbreviated Accounts

31 July 2012

**FAST FORWARD DISTRIBUTION LTD****Registered number:** 03407079**Abbreviated Balance Sheet****as at 31 July 2012**

	Notes	2012 £	2011 £
<b>Fixed assets</b>			
Tangible assets	2	26,773	43,111
Investments	3	22,625	22,625
		<u>49,398</u>	<u>65,736</u>
<b>Current assets</b>			
Stocks	1,340	1,380	
Debtors	433,389	393,679	
Cash at bank and in hand	36,737	700	
	<u>471,466</u>	<u>395,759</u>	
<b>Creditors: amounts falling due within one year</b>	(317,108)	(259,527)	
<b>Net current assets</b>		<u>154,358</u>	<u>136,232</u>
<b>Total assets less current liabilities</b>		<u>203,756</u>	<u>201,968</u>
<b>Creditors: amounts falling due after more than one year</b>		(83,563)	(95,399)
<b>Net assets</b>		<u>120,193</u>	<u>106,569</u>
<b>Capital and reserves</b>			
Called up share capital	4	2	2
Profit and loss account		120,191	106,567
<b>Shareholders' funds</b>		<u>120,193</u>	<u>106,569</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.

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.

ML Hurlin

Director

Approved by the board on 8 April 2013

# FAST FORWARD DISTRIBUTION LTD

## Notes to the Abbreviated Accounts

for the year ended 31 July 2012

### 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	15% straight line
Motor vehicles	20% straight line

#### *Stocks*

Stock is valued at the lower of cost and net realisable value.

#### *Deferred taxation*

Full 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.

#### *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.

### 2 Tangible fixed assets

£

#### **Cost**

At 1 August 2011	459,786
Additions	13,211
Disposals	(40,406)
At 31 July 2012	<u>432,591</u>

#### **Depreciation**

At 1 August 2011	416,675
Charge for the year	29,549

On disposals	(40,406)
At 31 July 2012	<u>405,818</u>
<b>Net book value</b>	
At 31 July 2012	<u>26,773</u>
At 31 July 2011	<u>43,111</u>

### 3 Investments £

<b>Cost</b>	
At 1 August 2011	22,625
At 31 July 2012	<u>22,625</u>

4 Share capital	Nominal value	2012 Number	2012 £	2011 £
Allotted, called up and fully paid:				
Ordinary shares	£1 each	2	<u>2</u>	<u>2</u>

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