

Registered number  
3407079

# FAST FORWARD DISTRIBUTION LTD

## Abbreviated Accounts

31 July 2011

FRIDAY



A02      \*A14T0J6G\*      #348  
16/03/2012  
COMPANIES HOUSE

**FAST FORWARD DISTRIBUTION LTD**

Registered number: 3407079

**Abbreviated Balance Sheet  
as at 31 July 2011**

	Notes	2011 £	2010 £
<b>Fixed assets</b>			
Tangible assets	2	43,111	76,174
Investments	3	22,625	22,625
		<u>65,736</u>	<u>98,799</u>
<b>Current assets</b>			
Stocks		1,380	1,230
Debtors		393,679	312,863
Cash at bank and in hand		700	300
		<u>395,759</u>	<u>314,393</u>
<b>Creditors' amounts falling due within one year</b>		<u>(259,527)</u>	<u>(283,730)</u>
<b>Net current assets</b>		136,232	30,663
<b>Total assets less current liabilities</b>		<u>201,968</u>	<u>129,462</u>
<b>Creditors' amounts falling due after more than one year</b>		(95,399)	(9,995)
<b>Net assets</b>		<u>106,569</u>	<u>119,467</u>
<b>Capital and reserves</b>			
Called up share capital	4	2	2
Profit and loss account		106,567	119,465
<b>Shareholders' funds</b>		<u>106,569</u>	<u>119,467</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

  
6/3/2012

**FAST FORWARD DISTRIBUTION LTD**  
**Notes to the Abbreviated Accounts**  
**for the year ended 31 July 2011**

**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

**FAST FORWARD DISTRIBUTION LTD**  
**Notes to the Abbreviated Accounts**  
**for the year ended 31 July 2011**

**2 Tangible fixed assets**

£

**Cost**

At 1 August 2010

456,836

Additions

2,950

At 31 July 2011

459,786

**Depreciation**

At 1 August 2010

380,662

Charge for the year

36,013

At 31 July 2011

416,675

**Net book value**

At 31 July 2011

43,111

At 31 July 2010

76,174

**3 Investments**

£

**Cost**

At 1 August 2010

22,625

At 31 July 2011

22,625

**4 Share capital**

**Nominal  
value**

**2011  
Number**

**2011  
£**

**2010  
£**

Allotted, called up and fully paid  
Ordinary shares

£1 each

2

2

2