

Registered number
3407079

FAST FORWARD DISTRIBUTION LIMITED

Abbreviated Accounts

31 July 2010

TUESDAY



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A04 15/02/2011 382
COMPANIES HOUSE

FAST FORWARD DISTRIBUTION LIMITED
Abbreviated Balance Sheet
as at 31 July 2010

| | Notes | 2010 £ | 2009 £ |
|---|----------------|----------------|----------------|
| Fixed assets | | | |
| Tangible assets | 2 | 76,174 | 113,465 |
| Investments | 3 | 22,625 | 22,625 |
| | | <u>98,799</u> | <u>136,090</u> |
| Current assets | | | |
| Stocks | 1,230 | 1,100 | |
| Debtors | 312,863 | 304,160 | |
| Cash at bank and in hand | 300 | 300 | |
| | <u>314,393</u> | <u>305,560</u> | |
| Creditors amounts falling due within one year | (283,730) | (276,520) | |
| Net current assets | | <u>30,663</u> | <u>29,040</u> |
| Total assets less current liabilities | | <u>129,462</u> | <u>165,130</u> |
| Creditors amounts falling due after more than one year | | (9,995) | (20,722) |
| Provisions for liabilities | | - | (2,595) |
| Net assets | | <u>119,467</u> | <u>141,813</u> |
| Capital and reserves | | | |
| Called up share capital | 4 | 2 | 2 |
| Profit and loss account | | 119,465 | 141,811 |
| Shareholders' funds | | <u>119,467</u> | <u>141,813</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


ML Hurlin

Director

Approved by the board on 01/02/2011

FAST FORWARD DISTRIBUTION LIMITED
Notes to the Abbreviated Accounts
for the year ended 31 July 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

| | |
|--------------------------------|-------------------|
| Leasehold property expenditure | 10% straight line |
| Plant and machinery | 15% straight line |
| Motor vehicles | 18% 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 LIMITED
Notes to the Abbreviated Accounts
for the year ended 31 July 2010

2 Tangible fixed assets **£**

Cost

| | |
|------------------|---------|
| At 1 August 2009 | 451,518 |
| Additions | 5,318 |

| | |
|-----------------|----------------|
| At 31 July 2010 | <u>456,836</u> |
|-----------------|----------------|

Depreciation

| | |
|---------------------|---------|
| At 1 August 2009 | 338,053 |
| Charge for the year | 42,609 |

| | |
|-----------------|----------------|
| At 31 July 2010 | <u>380,662</u> |
|-----------------|----------------|

Net book value

| | |
|-----------------|---------------|
| At 31 July 2010 | <u>76,174</u> |
|-----------------|---------------|

| | |
|-----------------|----------------|
| At 31 July 2009 | <u>113,465</u> |
|-----------------|----------------|

3 Investments **£**

Cost

| | |
|------------------|--------|
| At 1 August 2009 | 22,625 |
|------------------|--------|

| | |
|-----------------|---------------|
| At 31 July 2010 | <u>22,625</u> |
|-----------------|---------------|

| 4 Share capital | 2010 No | 2009 No | 2010 £ | 2009 £ |
|--|--------------------|--------------------|-------------------|-------------------|
| Allotted, called up and fully paid Ordinary shares of £1 each | 2 | 2 | <u>2</u> | <u>2</u> |