

Registered number
3407079

FAST FORWARD DISTRIBUTION LIMITED

Abbreviated Accounts

31 July 2009

WEDNESDAY



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18/11/2009

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COMPANIES HOUSE

FAST FORWARD DISTRIBUTION LIMITED
Abbreviated Balance Sheet
as at 31 July 2009

	Notes	2009 £	2008 £
Fixed assets			
Tangible assets	2	113,465	153,248
Investments	3	<u>22,625</u>	<u>22,625</u>
		136,090	175,873
Current assets			
Stocks		1,100	1,250
Debtors		304,160	378,166
Cash at bank and in hand		<u>300</u>	<u>300</u>
		305,560	379,716
Creditors: amounts falling due within one year		<u>(276,520)</u>	<u>(308,341)</u>
Net current assets		29,040	71,375
Total assets less current liabilities		<u>165,130</u>	<u>247,248</u>
Creditors: amounts falling due after more than one year		(20,722)	(42,866)
Provisions for liabilities		(2,595)	(6,406)
Net assets		<u>141,813</u>	<u>197,976</u>
Capital and reserves			
Called up share capital	4	2	2
Profit and loss account		141,811	197,974
Shareholders' funds		<u>141,813</u>	<u>197,976</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 9/11/09

FAST FORWARD DISTRIBUTION LIMITED
Notes to the Abbreviated Accounts
for the year ended 31 July 2009

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	18% straight line
Motor vehicles	22% 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 2009

2 Tangible fixed assets **£**

Cost	
At 1 August 2008	428,781
Additions	22,737
	<hr/>
At 31 July 2009	451,518
Depreciation	
At 1 August 2008	275,533
Charge for the year	62,520
	<hr/>
At 31 July 2009	338,053
Net book value	
At 31 July 2009	<hr/> 113,465
At 31 July 2008	<hr/> 153,248

3 Investments **£**

Cost	
At 1 August 2008	22,625
	<hr/>
At 31 July 2009	22,625

4 Share capital	2009 No	2008 No	2009 £	2008 £
Allotted, called up and fully paid:				
Ordinary shares of £1 each	2	2	<hr/> 2	<hr/> 2

5 Transactions with directors

The company leases property from Mr & Mrs Henness and paid rent of £1,317 during the year.

The amount due to Mr & Mrs Henness at the balance sheet date was £9, the movements being dividends credited less loans repaid during the year.