

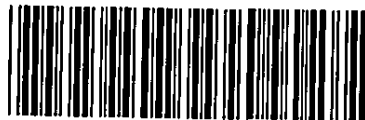
Registered number
3407079

FAST FORWARD DISTRIBUTION LTD.

Abbreviated Accounts

31 July 2008

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COMPANIES HOUSE

FAST FORWARD DISTRIBUTION LTD.
Abbreviated Balance Sheet
as at 31 July 2008


	Notes	2008 £	2007 £
Fixed assets			
Tangible assets	2	153,248	168,019
Investments	3	22,625	22,625
		<u>175,873</u>	<u>190,644</u>
Current assets			
Stocks		1,250	1,410
Debtors		378,166	328,186
Cash at bank and in hand		300	42,930
		<u>379,716</u>	<u>372,526</u>
Creditors: amounts falling due within one year		<u>(308,341)</u>	<u>(263,295)</u>
Net current assets		<u>71,375</u>	<u>109,231</u>
Total assets less current liabilities		<u>247,248</u>	<u>299,875</u>
Creditors: amounts falling due after more than one year		(42,866)	(67,850)
Provisions for liabilities		(6,406)	(8,660)
Net assets		<u>197,976</u>	<u>223,365</u>
Capital and reserves			
Called up share capital	4	2	2
Profit and loss account		197,974	223,363
Shareholders' funds		<u>197,976</u>	<u>223,365</u>

The directors are satisfied that the company is entitled to exemption under Section 249A(1) of the Companies Act 1985 and that no member or members have requested an audit pursuant to section 249B(2) of the Act.

The directors acknowledge their responsibilities for:

- (i) ensuring that the company keeps proper accounting records which comply with Section 221 of the Companies Act 1985; and
- (ii) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of Section 226 of the Companies Act 1985, and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the company.

The accounts have been prepared in accordance with the special provisions relating to small companies within Part VII of the Companies Act 1985.


 ML Hurlin
 Director

Approved by the board on 26th November 08

FAST FORWARD DISTRIBUTION LTD.
Notes to the Abbreviated Accounts
for the year ended 31 July 2008

1 Accounting policies

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2007).

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 years straight line
Plant and machinery	18% straight line
Motor vehicles	25% 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 2008

2 Tangible fixed assets

£

Cost

At 1 August 2007

380,728

Additions

55,739

Disposals

(7,686)

At 31 July 2008

428,781

Depreciation

At 1 August 2007

212,709

Charge for the year

70,510

On disposals

(7,686)

At 31 July 2008

275,533

Net book value

At 31 July 2008

153,248

At 31 July 2007

168,019

3 Investments

£

Cost

At 1 August 2007

22,625

At 31 July 2008

22,625

4 Share capital

2008

2007

£

£

Authorised:

Ordinary shares of £1 each

1,000

1,000

2008
No

2007
No

2008
£

2007
£

Allotted, called up and fully paid:

Ordinary shares of £1 each

2

2

2

2

5 Transactions with directors

The company leases property from Mr & Mrs Henness and paid rent of £2,553 during the year.

The amount due to Mr & Mrs Henness at the balance sheet dates is £64, the movement in the year being dividends credited less loans repaid during the year.